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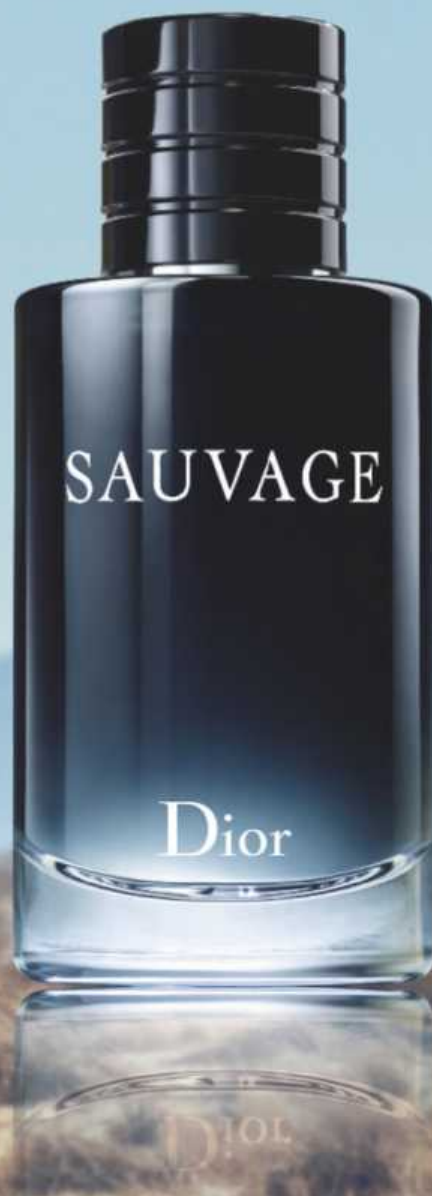




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# marie claire Jan

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Photography by David Gubert

## ON THE COVER

Re-create Robyn's look with make-up by Burberry Beauty. On face: Fresh Glow Foundation in Ochre Nude; Light Glow Blush in Cameo. On eyes: Cream Eye Colour in Mink; Effortless Kohl Eyeliner in Jet Black; Bold Lash Mascara in Ebony. On lips: Burberry Kisses in Military Red.

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A full-page photograph of tennis player Maria Sharapova in a celebratory pose on a red clay court. She is wearing a white and orange tennis outfit and a visor, holding her blue tennis racket high with both hands and shouting with her mouth open. The background is a solid orange-red color.

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# Editor's note



## EARN YOUR STRIPES

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# E

very November, I head north with friends to have fun away from work and family commitments. This year, surrounded by the lush tranquility of NSW's Byron Bay, our care-free weekend was shattered by the shocking news filtering through from Paris where I'd visited just a few months earlier to attend the international *marie claire* conference.

Back in July, Paris's sun-drenched streets teemed with locals and tourists enjoying one of the world's most beautiful cities. It was impossible to now imagine those same streets filled with fear, chaos and carnage. Suddenly, the world seemed like a small, scary place with everyone on edge waiting to see what would unfold.

As often happens, when the worst of humanity is on display, we also witness the best. Parisians threw open their doors to people stranded by the city's lockdown with the hashtag #PorteOuverte. Similarly, after last year's Lindt cafe siege, #illridewithyou went viral after Australian Muslims said they were afraid to take public transport alone. It was a heartwarming response to the actions of a madman masquerading as a person of faith. Despite these flashes of generosity, the fact is ordinary Muslims have been the victims of racial abuse in recent years, and incidences often skyrocket after acts of terrorism as people search for someone to blame. In the past year alone, 3.3 million Australians say they have experienced racial discrimination, and right-wing movement Reclaim Australia is on the rise. In this issue, we examine where the nation stands on tolerance by interviewing Australians who've been racially vilified. When we first commissioned this story (on page 70) it was pegged to the 10th anniversary of the Cronulla race riots. But in the wake of Paris, it is perhaps even more crucial that we read their compelling stories and follow the lead of Race Discrimination Commissioner Dr Tim Soutphommasane, who tells *marie claire*: "We all have a part to play in safeguarding unity and harmony."

In other, more upbeat news we're excited to finally reveal our brand-new digital initiative, StyledBy *marie claire*. For the first time, you'll be able to source styling advice straight from our fashion team and various celebrity guest stylists, and then buy their looks in just a few clicks. Head to [styledbymarieclaire.com.au](http://styledbymarieclaire.com.au), and start shopping! Consider it our Christmas gift to you.

As the year draws to a close, I hope you all take time this holiday season to spend precious days with your loved ones. And here's to welcoming in a peaceful new year!

Nicky

NICKY BRIGER  
Editor



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SEE DIRECTORY FOR STOCKIST DETAILS. PHOTOGRAPHED BY PETER BREWBEVAN. HAIR BY BRAD MULLINS. MAKE-UP BY LIZ JONES



# Chloé

EAU DE PARFUM



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marie claire  
LOVES

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by Jil Sander at  
Stylebop.com; eyelet  
bucket bag, approx  
\$2120, by Alaïa at  
Boutique 1; studded  
tote, approx \$1039,  
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# Get the look



## COVER STAR STYLE

# ROBYN LAWLEY

At our beachside Sydney location, the new mum went from gorgeous girl-next-door to ultra glam

**Age:** 26. **Current residence:** LA. **She arrived in:** Skinny jeans and a leather jacket. **Playlist:** Photographer David Gubert is famous for letting his subject choose the soundtrack to their photo shoot. On high rotation for Lawley? FKA twigs and Portishead. "I'm not a singer ... [but] I have a pretty silly hobby of [being a] DJ." **Meal plan:** The crew lunched on roast chicken, potatoes and salad. "[Food is] a massive passion of mine," says Lawley. **Home truths:** She has a long list of things she misses about Australia ... "Coffee. My sisters. Camping." **Anything else?** "Tim Tams." **Instagram:** @robynlawley1



1. DRESS, \$945, by Balenciaga at Parlour X. 2. NECKLACE, \$1680, by Chanel. 3. NECKLACE, \$4760, by Chanel. 4. FRAGRANCE, \$120, Modern Muse Le Rouge EDP 50ml by Estée Lauder. 5. EARRINGS, \$6720, by Kailis. 6. JACKET, \$2665, by Balmain at Parlour X. 7. BODYSUIT, \$392, by Chantal Thomass at Stylebop.com. 8. BANGLE, \$1510, by Chanel. 9. WATCH, \$59,000, by Cartier. 10. LIPSTICK, \$47, Rouge In Love in Rouge St Honoré by Lancôme.

SEE DIRECTORY FOR STOCKIST DETAILS. PHOTOGRAPHED BY DAVID GUBERT. COMPILED BY TARA MORRIS. TEXT BY HANNAH ROSE YEE



Underneath it all she wears

# GUCCI

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## ON SET WITH ROBYN

Beachside views, boxes of bling, and a baby! Go behind the scenes of our cover shoot with supermodel Robyn Lawley and her 10-month-old daughter, Ripley (their first professional shoot), at [marieclaire.com.au](http://marieclaire.com.au).



AACTA-nominated Joel Jackson stepped into *Mad Max*'s shoes (with a little help from kelpie Wombat!)

To celebrate Australia's premier film awards, the AACTAs (broadcast on Channel Seven on December 9), we re-created some of Australia's most iconic movie moments with rising stars of the screen (from page 34). Visit [marieclaire.com.au](http://marieclaire.com.au) for your backstage pass.

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### PRESS PLAY

In this issue, we sat down for a chat with model-of-the-moment Gigi Hadid. To watch the full interview, head to [youtube.com/user/marieclaireau](https://youtube.com/user/marieclaireau).



### Women In Film

On January 6, we're hosting FREE nationwide screenings of *Carol*, starring Cate Blanchett, as part of our "Women in Film" series. Book seats at [subscribetoday.com.au/mcwomeninfilm15](http://subscribetoday.com.au/mcwomeninfilm15).

### CLICK CHIC

Our new fashion website *StyledBy marie claire* is here! Shop, share and chat with our stylists (turn to page 73 to find out more). Visit [styledbymarieclaire.com.au](http://styledbymarieclaire.com.au).



### JOIN US ON THE RED CARPET!

On December 9, visit [marieclaire.com.au](http://marieclaire.com.au) and our social channels (@marieclaireau) to see all the red-carpet action from this year's AACTA Awards.

GETTY IMAGES; PETER BREW-BEVAN



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TREND #1

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### STYLE TIP

For a new take on the classic Breton stripe, go vertical. Cinch at the waist with a belt to create definition.

- 1. TOP, \$139.95, by Ruby Sees All. 2. BAG, \$1270, by J.W. Anderson at Stylebop.com. 3. SKIRT, \$1640, by Miu Miu at Mytheresa.com. 4. SHORTS, \$49.95, by Zara. 5. TOP, \$379, by Marimekko. 6. PANTS, \$199, by David Lawrence. 7. EARRINGS, \$14, by Topshop. 8. COAT, \$659, by Lee Mathews. 9. BOOTS, \$1369, by Maison Margiela at Stylebop.com.**



STELLA MCCARTNEY RESORT 2016



## TREND #2

# FRESHLY MINTED

The latest sea foam pieces speak of calm waters ahead. Dive in!



MC LOVES

### STYLE TIP

Play with proportions: try a pair of slimline pants to balance a dramatic sleeve.

11

12

8

9

10

13

BOSS RESORT 2016

**1. CLUTCH**, \$1225, by Max Mara at [Matchesfashion.com](http://Matchesfashion.com). **2. NECKLACE**, approx \$20,950, by Suzanne Kalan. **3. TOP**, \$820, by Ellery. **4. DRESS**, \$280, by Bül. **5. TOP**, \$169.95, by Witchery. **6. BAG**, \$1810, by Chloé at [Matchesfashion.com](http://Matchesfashion.com). **7. EARRINGS**, \$230, by Dinosaur Designs. **8. PANTS**, \$490, by sass & bide. **9. TOWEL**, \$199, by Jac + Jack. **10. CUFF**, \$120, by Dinosaur Designs. **11. SWEATER**, \$350, by sass & bide. **12. SKIRT**, \$930, by Acne at [Mytheresa.com](http://Mytheresa.com). **13. SHOES**, \$35, by Target.

SEE DIRECTORY FOR STOCKIST DETAILS. PHOTOGRAPHED BY PHILIP LE MASURIER. COMPILED BY TARA MORRIS





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**STYLE TIP**  
For a pared-back take on the trend, opt for cotton fabrics in oversized fits.

*INSPIRATION:  
A Moroccan woman in  
traditional dress circa 1900s.*

## INSPIRATION BOARD

# GYPSY BEAT

Swap the obviously exotic for the subtly crafted. The modern nomad takes a less literal approach

1. VEST, \$159, by Zara. 2. NECKLACE, \$269, by Canan. 3. DRESS, \$149.95, by Witchery. 4. DUFFLE BAG, \$350, by Zimmermann. 5. SKIRT, approx \$450, by Paul & Joe at Boutique1.com. 6. EARRINGS, \$35, by Kookai. 7. JACKET, \$159, by Zara. 8. EARRINGS, \$9.95, by H&M. 9. SHOES, \$69.95, by Zara. 10. BAG, \$2910, by Chloé at Mytheresa.com. 11. SHORTS, \$130, by Bec & Bridge. 12. SHOES, \$870, by Chanel. 13. JACKET, \$179, by Country Road.

PORTS 1961 RESORT 2016

SEE DIRECTORY FOR STOCKIST DETAILS.  
PHOTOGRAPHED BY PHILIP LE MASURIER; ALAMY.  
STYLED BY TARA MORRIS. TEXT BY CLARE PRESS



# VALENTINO

VALENTINO  
DONNA  
THE NEW FEMININE FRAGRANCE



# SHOOTING STARS

These *homegrown actors* are the up-and-coming names to know in 2016. Here, they step into the frame for *marie claire* to celebrate some of the most *iconic Australian movies* of all time. By Hannah-Rose Yee

## MOULIN ROUGE

*Starring Sarah Snook*

PHOTOGRAPHED BY HUGH STEWART

When our photographer suggests Sarah Snook shimmy her way onto a bedazzled swing – clad in just a beaded corset and a pair of fishnet tights – the 28-year-old doesn't hesitate. Snook is all about the chutzpah, which has helped make her Hollywood hot property. In the past two years alone, she's starred in films *Predestination* (with Ethan Hawke), *The Dressmaker* (with Kate Winslet) and *Steve Jobs* (with Michael Fassbender).

Snook says she's still taking it all in. Walking on to the set of *Steve Jobs* was "one of those pinch-yourself moments", she says. "Michael Fassbender is making me

a cup of teal!" Next up, she'll be taking the stage in London's West End opposite Ralph Fiennes.

The dual nominee at this year's Australian Academy of Cinema and Television Arts (AACTA) Awards – for her roles in colonial epic *The Secret River* and *The Dressmaker* – is a passionate advocate for the local industry, revealing that she's keen to see the inception of "a single dedicated Australian film festival".

"I am proud," she says. "I grew up here, I love this country." ▸

Sarah wears: corset and gloves both by The Vintage Clothing Shop; shoes by Christian Louboutin.







# PICNIC AT HANGING ROCK

*Starring (from far left)  
Anna Bamford, Emilie Cocquerel,  
Charlotte Best & Olivia DeJonge*

PHOTOGRAPHED BY NICOLE BENTLEY



Spend some time with the bevy of bright young stars comprising our *Picnic At Hanging Rock* tableau, and a few things become clear. Firstly: they love fashion, sighing and swooning over the racks of Zimmermann dresses on set.

Secondly, these four rising talents are the ones to watch. Both Olivia DeJonge – hand-picked by M Night Shyamalan to take the lead in thriller *The Visit* – and Charlotte Best, formerly of the TV series *Puberty Blues*, are LA-bound in 2016.

Emilie Cocquerel, a 2015 Heath Ledger Scholarship finalist,

will soon appear alongside Nicole Kidman in *Lion*. And Anna Bamford, last seen on the small screen in millennial romance *Wonderland*, has her sights set on directing.

And finally, they all share the same idol: Cate Blanchett. “I’d love to work with her one day,” sighs DeJonge. Bamford, who trod the boards with Blanchett in Sydney Theatre Company’s *The Present* in August, adds, “I don’t think I can top that.”

Anna, Emilie, Charlotte and Olivia all wear Zimmermann.







# Reportage





# MAD MAX

*Starring Joel Jackson*

PHOTOGRAPHED BY PETER BREW-BEVAN

You couldn't plan more of a dream run: Joel Jackson, 24, had only just graduated from NIDA when he was cast in two of the biggest local productions of the year, Foxtel's *Deadline Gallipoli* and Seven's miniseries *Peter Allen: Not The Boy Next Door*, thrusting the then-unknown rural-Western Australian actor ("I was born and raised in the sticks," he jokes) squarely into the spotlight. So well-received were both of his roles, he was nominated twice for Best Lead Actor in a Television Drama at this year's AACTA Awards.

In 2016 the actor will be chalking up frequent-flyer miles, jetting back and forth between

Sydney and LA to commence talks about his next project ("There's a couple of irons in the fire," he says). One thing's certain: it won't be a war-epic or a maraca-shaking musical. This rising star is ready for his action movie close-up. "I love motorbikes, I love that gear, I love *Mad Max*," he admits, pictured here channelling Mel Gibson's famous role. However, Jackson is adamant he wants to keep telling stories that are close to home. "I think it's important that we share what it means to be Australian." ▸

Joel wears: jacket by Route 66; pants by G-Star RAW; boots by Route 66.



## STRICTLY BALLROOM

*Starring Ryan Corr*

PHOTOGRAPHED BY JOHN TSLAVIS

Baz Luhrmann's *Strictly Ballroom* is famous for many things: the slow-burning passion, the star-crossed romance and, of course, the extravagant, outré dance scenes. (Remember Tina Sparkles?)

Until today however, Ryan Corr, the 26-year-old *Packed To The Rafters* and *Love Child* alumnus, has never needed to put on his dancing shoes for a role (unlike his dance partner in this shoot, Marlo Benjamin from the Sydney Dance Company). But it's been a big year for the actor, who garnered critical acclaim (and his second AACTA nomination) as a gay rights activist in *Holding The Man*. Corr – who is currently filming Mel Gibson's WWII drama *Hacksaw Ridge* – believes there are countless more homegrown stories to tell. “We’ve only just scratched the surface.” ▷

Ryan wears: jacket designed by Catherine Martin for *Strictly Ballroom* the musical; singlet by Bonds; jeans by Uniqlo. Marlo wears: dress by Alexander McQueen at David Jones.

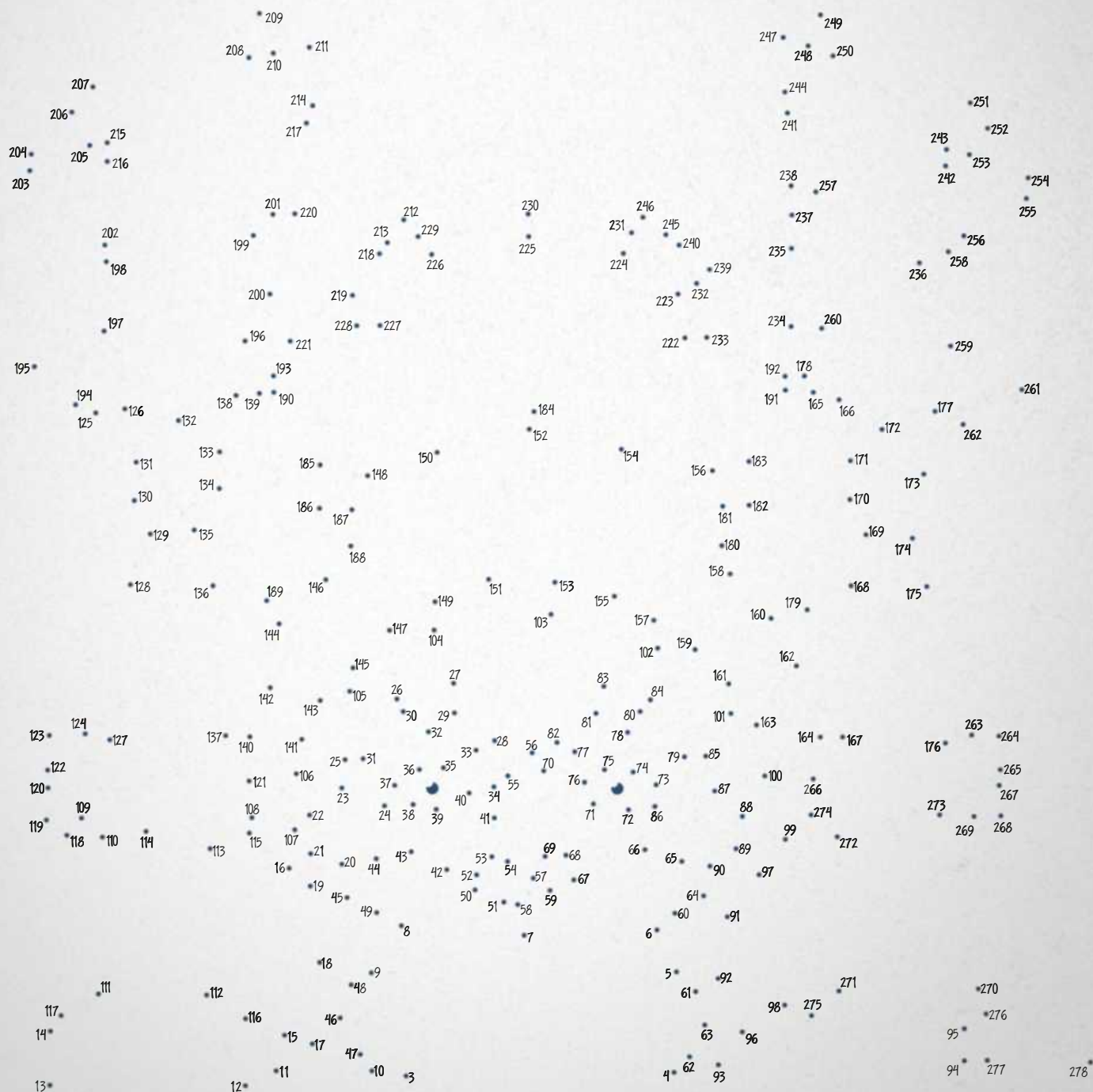




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## MURIEL'S WEDDING

*Starring Krew Boylan*

PHOTOGRAPHED BY HUGH STEWART

When Krew Boylan got married in 2012, she wore an understated Collette Dinnigan number. Re-creating the poster from P.J. Hogan's *Muriel's Wedding* required a princess-gown of epic proportions. "It was a real workout," laughs Boylan, of the ordeal getting into the dress.

Not so with the sleek '70s-era costumes on the set of her next project: *Molly*, a biography of Molly Meldrum, coming to Channel Seven in 2016. Next year will also see the actress step behind the camera, having penned the screenplay for the comedy-drama *Seriously Red*, one of the first projects from her female-centric production company The Dollhouse Pictures. The company has already collected A-list supporters from Facebook COO Sheryl Sandberg to writer/actress Lena Dunham. "It's made me realise how important [telling female-led stories] is. It's the decade for women." □

Krew wears: dress and veil both by Vera Wang.

*The 5th annual AACTA Awards will be broadcast on Channel Seven on December 9.*





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They both have cancer ...  
**THE SAME DRUG**

So why does it cost Anita  
**\$452\***



Australian report

**MAY SAVE THEM**

... but Jess

**\$88,800?\***

\*Annual cost of drug



Australia has one of the *highest cancer rates* in the world, yet for some patients, the latest drugs come with an *exorbitant* price tag. Stephanie Osfield investigates the *deadly discrepancy* in funding

**O**n a breezy summer's morning in December 2014, 25-year-old Jess Pereira woke to find that her lower back felt stiff and sore. Jess was an active young woman, her mind focused on the European holiday she was planning with her husband, Andrew, and as she eased herself out of bed, she surmised it was nothing more than the legacy of some intensive gym sessions.

The pain, however, didn't go away. A few weeks later, by which time it was also shooting down her leg, she saw her GP. After an MRI scan, the doctor delivered the chilling words: "You have tumours that could be cancer."

More tests confirmed the worse. Jess had cancer: a rare, aggressive form of lymphoma to be precise.

"I didn't break down and sob until I told my husband and family over the phone," recalls Jess. "At 25, I was staring death in the face."

What followed were months of "sheer hell" as Jess faced excruciating pain, radiation therapy, lumbar punctures every 10 days and chemotherapy. To cap it off, her enforced absence meant she lost her new job as a legal secretary at a top Sydney firm.

Three times her cancer appeared to be responding to treatment only to return, with tumours appearing in her hip, neck, chest, abdomen, arms and legs. In June 2015, her specialist said she thought they had run out of options. "I remember thinking that I wasn't going to make it to my 26th birthday," says Jess. "But then my specialist contacted me and said she'd done some research and found a newer drug called Crizotinib."

The only catch? It would cost \$7400 a month and Jess needed it for at least

six months of treatment. "I felt completely overwhelmed – how would I ever raise that kind of money? I'm quite shy and the prospect of calling on others for money made me feel like a charity case."

Family and friends rallied and raised \$23,000, holding morning teas in their workplaces and passing the hat around at clubs; one friend even sold scarves and beanies online. It meant Jess was able to start treatment with the drug in June 2015.

"The improvement was incredible," she recalls. "Within two weeks, the searing pain and joint stiffness began improving. A month after starting the drug, I had a PET scan and there were no tumours in my body. I can't tell you how incredibly uplifting that was."

The charity Rare Cancers Australia then started crowdfunding to raise funds for Jess to continue treatment. "But that money [will] run out in December and I am terrified that I might have to stop treatment, and maybe I will die," she says, softly.

And here is the cruel paradox. The luck of the draw, if you can call it that. Had Jess's cancer started in her lungs and not her back, she would have been able to get the very same drug for just \$37.70 per month. The difference? The government subsidises the drug for some forms of cancer, but not others.

In Australia, when a drug is listed on the Pharmaceutical Benefits Scheme (PBS), the government subsidises the cost by paying the pharmaceutical company a negotiated price, which means the patient has to pay far less. But first a cancer drug has to get on to the PBS, and

**If the cancer had started in her lungs, the drug would be subsidised**



critics say there are a number of issues with this system. For one, they argue that the approval process moves at a glacial pace and is costing patients their lives; they also want to see the system streamlined. Secondly, they say drugs on the PBS should be approved for the treatment of a wider range of cancers.

Until progress is made, doctors are left facing an ethical dilemma. Specialists question whether to tell patients, who are losing their hair and suffering pain, nausea and extreme fatigue, that there are drugs that might help, but they can cost nearly \$8000 every month.

"Forty-one per cent of oncologists said they were less likely to mention a cancer drug if it was not subsidised, because the knowledge that the patient could not afford it would be too distressing for [them]," says Professor John Zalcberg, co-chair of Cancer Drugs Alliance and head of the Cancer Research Program at Monash University.

Those patients confronted with the sky-high price tags (set by pharmaceutical companies) of drugs not on the PBS are faced with a terrible choice: go without the drug that may extend their life, or make desperate attempts – such as selling the house – to raise the money.



## CRUEL PARADOX

Twenty-five-year-old Jess Pereira (far left) and 45-year-old Anita (left) are both battling cancer. But due to fine print in the Pharmaceutical Benefits Scheme, Jess, who has a rarer form of the disease, must pay \$7400 each month for the drug Crizotinib, while Anita pays only \$37.70.



65+  
The number  
of countries  
to approve  
Crizotinib  
before  
Australia

It was like an enormous weight had been lifted from my shoulders."

But Anita still faces obstacles. Her cancer will eventually outsmart the medication. "For that reason, the drug company has developed three new generations of this drug, which are available in America but not here in Australia," explains Anita. "I live in fear that the next generation of these drugs may fall through the PBS black hole and not be approved by the time I need them; this will cut my life short. That possibility hangs over my life like a big, dark cloud."

So what's the hold-up? And why is our system favouring some patients over others? Blame it on our inefficient and outdated PBS, say its critics. Australia is one of the slowest countries in the Organisation for Economic Co-operation and Development (OECD) in terms of approving cancer medicines for use and for government subsidy, according to a Deloitte report funded by a taskforce made up of many of the world's biggest pharmaceutical companies. It found that some drugs that were listed in countries like the UK, France and Germany were not listed in Australia until six or seven years later.

These statistics are even worse for the 44,000 Australians each year who are diagnosed with a rare or less common cancer. The drugs that could help them are less studied by drug companies, less trialled, and therefore less likely to gain approval. As Jess experi-

enced, just because a drug is on the PBS does not mean it's available to patients with all forms of cancer. Rather it is only approved for specific permutations of the disease.

"The current system fails to take into

account that treatments are becoming more targeted ... that cancers in different parts of the body often have similar causes," says Professor Zalberg. "Instead, our PBS approves drugs according to [the cancer's] location in the body and fails to acknowledge the causal mechanisms that make cancer similar." ▶

Like Jess, Anita, a 45-year-old accountant from Brisbane and mother of two boys, aged 7 and 11, was stunned when she was diagnosed with cancer after suffering from a persistent cough for two years.

"I was a fit and healthy non-smoker, yet suddenly a specialist was telling me I had an inoperable, rare lung cancer and the survival rate was only 10 per cent," she says. "I lay awake at night worrying for my husband, and felt heartbroken that I would not live long enough to see my two boys even start high school."

After radiation and several rounds of chemo – which caused lethargy, nausea and hair loss – did little to slow Anita's cancer, Crizotinib was her only option.

While Crizotinib is often an improvement on chemotherapy and may extend life for patients, it is not a lifesaver or a miracle drug. A study in the *New England Journal Of Medicine* found that the probability of one-year survival was 84 per cent with Crizotinib and 79 per cent with chemotherapy.\*

But, for some people like Anita, the chemotherapy simply does not work. She found Crizotinib far more tolerable and effective than her chemo. "It has been fantastic," she explains. "After 13

months of treatment my tumour has halved in size. The drug also has far fewer side effects, so I feel and look well, which has helped my boys to better cope with handling my disease – as the more sick I look the more upset they are."

Anita, like Jess, was initially forced to raise funds to pay for treatment with Crizotinib – at that point, the drug was not on the PBS, even though it had already been approved in more than 65 countries. Anita's parents paid for the first month and, with friends, helped pull together \$20,000 using Facebook and fundraising. Crowd-funding initiatives through Rare Cancers Australia raised another \$4000.

Then, on July 1 2015, Crizotinib was added to the PBS. For Anita, this meant only paying \$37.70 a month for her life-saving treatment. "I was so relieved that I sobbed and sobbed and we had a big celebration," recalls Anita. "It meant I could step off that exhausting merry-go-round of doing TV and newspaper interviews to raise money for my treatment.

**"Cancer doesn't discriminate, so why does the Australian government?"**

# Australian report



Cancer drug Crizotinib is now subsidised through the PBS, but only for certain permutations of the disease.

The job of approving PBS drugs falls to the Pharmaceutical Benefits Advisory Committee (PBAC), which meets three times a year. This in itself is an issue, say specialists. “Waiting to access new treatment for months or even a year can mean the difference between life and death,” says Professor Zalberg. The issue has raised such concern that in 2014, a cross-party Senate committee was formed. Their report, released in September 2015, outlined the “grim reality”, stating that “delays in access to new and innovative cancer medicines can be measured in loss of quality of life and years and lives lost”.

“Families are being forced to sell their homes, and use up savings and superannuation at a time when they are already suffering maximum stress from the anxiety, upset and upheaval of living with cancer,” says Richard Vines, co-founder and chair of Rare Cancers Australia\*, whose Sick or Treat crowd-funding program – which helps people with rare cancers pay for their treatment – has raised almost one million dollars since it began in October 2014.

In this debate, however, it's impossible to ignore the issue of the bottom line. The PBAC say that the public purse can't afford to put every new cancer drug on the PBS or it would blow out our health budget; many experts also believe that the pharmaceutical companies should shoulder some of the responsibility by lowering the cost of these drugs. As it stands, in the 2013–14 financial year, the PBS cost the government \$9.6 billion, a 1.1 per cent increase on the previous year. Going forward, the government will consider the Senate report's recommendations, says Minister for Health Sussan Ley, including a more streamlined and flexible approach.

More broadly, is it fair to devote so many tax dollars to the scheme, dollars that could be used elsewhere in health to potentially benefit more people? These are the harsh realities beyond the heart-wrenching personal stories.

**N**o-one knows better than Dannii Raisher, 32, from Victoria, that this issue can be a matter of life and death. In March 2015, her husband and childhood sweetheart, Shane, died from the melanoma he had been diagnosed with at 18. Three months later, Keytruda, the drug that might have kept him alive, was approved to be listed on the PBS.

“Simply trialling the drug for three months had reduced his tumour size by 70 per cent and kept the cancer at bay for 12 months after he stopped taking [it],” says Dannii. “But we couldn't continue to find the \$10,500 every three weeks to pay for the treatment.”

Instead they lobbied the federal government. Their petition on Change.org attracted 170,000 signatures and was instrumental in getting the drug approved. But it was all too late for Shane, who died at 32, leaving behind his son Jett, not quite three, and Dannii, who was 21-weeks pregnant with their second son.

“Once [the drug] was finally put on the PBS in June 2015, it was still not available until

September – six months after Shane's death,” she remembers. “Giving birth only months after [he] died was incredibly emotional ... It is heartbreaking that Shane never got to hold his newborn. Meanwhile, Jett keeps waiting for his daddy to come home. That's what the bean counters don't see – how this inefficient and inequitable system with all its red tape robs families like ours of precious time together.

“Shane was a fighter and a very positive person. But he was incredibly angry and disappointed with a system where access to some cancer treatments is determined by how rich you are.”

Jess Pereira agrees. If she can't find more money soon she will have to stop the treatment that is helping to keep her alive. In the meantime, she'll keep fighting, starting with posting a new petition at [change.org/rarecancers](http://change.org/rarecancers). “Cancer doesn't discriminate,” she says. “So the government shouldn't discriminate either.” □

*To donate to Jess Pereira's drug treatment, visit [sickortreat.org.au/campaign/2013/helping-jessica](http://sickortreat.org.au/campaign/2013/helping-jessica).*

**40%**  
The projected  
increase  
in cancer  
incidence  
in Australia  
by 2020\*



Shane Raisher (pictured above with wife, Dannii, and son, Jett), lost his fight with cancer in March 2015, three months before the drug Keytruda was added to the PBS. Dannii gave birth to their second son a few months after Shane passed.





# ELECTRIFY YOUR SUMMER

#ELECTRIFYSUMMER



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SHAZAM TO FEEL  
THE ELECTRICITY



A woman with long blonde hair is standing on a city street, holding a smartphone up to take a selfie. She is wearing a long-sleeved, sequined dress with a mix of gold, silver, and black sequins. The background shows a street with parked cars and trees with autumn foliage. The text 'MY WEEK OF CHANNELLING' is in white serif font, and 'BEYONCÉ' is in large, bold, yellow sans-serif font.

# MY WEEK OF CHANNELLING **BEYONCÉ**

She's a 21st-century icon, fierce fashionista and occasional vegan. So can seven days of Queen Bey-inspired activities transform Dolly Alderton's life?



## FIERCE CREATURE

Our writer, Dolly Alderton, was advised by a friend to “be Beyoncé” and “do something today that means people will stare at you – and don’t give a shit about it”.

# Challenge

I’ll admit it: I haven’t always been a Beyoncé aficionado. As a teenager, I knew all the words to Destiny’s Child’s “Survivor” and as a uni student I enjoyed swaying my hands “to the left, to the left” in a sweaty bar. I knew the basics: people call her “Bey”, she has fabulous thighs and she has transcended regular, garden-variety celebrity to become some sort of 21st-century cultural deity.

But I also knew her awesome, self-assured brand of Beyoncé ferocity is so powerful that it even pierces the consciousness of non-fans. Do I want in on that? Of course I do.

I am a writer who spends her day anxiously drinking tea in front of a screen. I am someone who is quite apologetic about everything. Someone who has trouble speaking my mind when it comes to boys or misplaced orders in restaurants, or when people are rude to me on the bus. And it occurred to me recently, as I pondered another lacklustre meal eaten with a lacklustre boy who I had not had the heart to turn down: Beyoncé would not put up with this. She not only gets the main course she ordered, she gets what she wants full stop. All the time. Hell, as the recently released biography, *Becoming Beyoncé*, sets out, she allegedly ditched Jay Z for an entire year because she had a hint of a suspicion that he and Rihanna were doing the dirty.

So, what happens if an everywoman (albeit a time-poor, uncoordinated journalist everywoman) lives à la Beyoncé for a week? Would being a wannabe Mrs Carter, by following the more easily assailable facets of her life like her (sometimes) vegan diet, and filtering dance into the every day, have profound consequences for me? Will steely determination and self-assuredness start to come more naturally? I know not. But God, I’ll miss cheese.

## DAY ONE

I start day one as I meant to go on – with a thoroughly unappetising breakfast. No offence to vegans – I’m vegetarian, after all. But Beyoncé famously ▶



# Challenge



Beyoncé's Instagram feed (left) is full of ocean cruising, edgy but immaculate manicures, and candid backstage moments. However, our writer's lifestyle is rather more mundane ....

did 22 days of strict veganism recently, and so shall I. So a plate of figs and raspberries with nothing else it is.

I pen an email to a friend who is a diehard, lifelong Beyoncé fan and ask for her advice.

"Being Beyoncé is more of a state of mind than a lifestyle," she replies in earnest. "It's about channelling an inner belief in yourself – a calm, but strong serenity. Do something today that means people will stare at you – and don't give a shit about it."

Following her advice, I meet up for a drink with a friend and, for the first time in my life, decide not to wear a bra – something I have often wanted to do but have never been brave enough. The first thing my friend shouts when she hugs me hello is: "ARE YOU NOT WEARING A BRA???!!" and everyone in the pub turns around and stares.

Girl, you've got a long way to go.

## DAY TWO

If there's one thing Beyoncé does better than pretty much anyone else, it's achieving a nearly permanent state of glam. The woman gets off long-haul flights looking better than I do after hours slaving over a hot ghd. I'm going to have to make a conscious effort to be more overtly soignée. In fact, I will now wear the fact that I am a high-maintenance dame as a badge of honour.

First off, Bey has a penchant for the sort of crazy, totally impractical nails favoured by women who never, ever have to open their own tins of tuna. I head to my local nail bar, having

warned my housemates that I'm temporarily exempt from washing up.

Sadly, when I get there, the technician takes one look at my bitten-down, raggedy fingernails and tells me that they're too short. I have to settle on a basic manicure and go for a bright red. Still, it's a vivid, vibrant hue and every time I take a glance at my hands it gives me a perceptible jolt of bravura.

Buoyed, I reason why go out with just a smudge of concealer and maybe some mascara, when I could go the full Radiant Orchid pout? For those who don't speak fluent Bey, let me translate: I'm referring to the purple-hued lipstick she wore in the "No Angel" video.

Sadly, as suspected, it makes me look like a trick-or-treating witch at Halloween. As soon as I get on to the train, a little boy points at me and shouts, "THAT LADY HAS A FUNNY MOUTH!" while his mother shushes him. I get off and immediately wipe off the lipstick.

Now, I love dancing. I'm known amongst my friends for my gusto. I do slut drops, shimmies, twirls, The Worm, *Dirty Dancing* lifts with my shortest friends (me as Patrick Swayze, obviously); but I'm no Beyoncé.

To get up to speed, and with the promise of some prosecco, I rope my housemates, Belle and India, into trying to learn the "Single Ladies" dance routine with me from a YouTube tutorial. We crowd round my laptop, and an American woman with a nauseating

voice is standing on her landing, telling us to "pop" our hips. We're already four glasses down when we begin, so the first section of the dance goes quite well. It's all pretty simple until we start banging into each other.

After another glass of prosecco, Belle and I get the hang of the running in a circle thing, but India, the less natural dancer and slightly more drunk one, still struggles. She says this is humiliating. I wonder how Beyoncé deals with the potential ignominy inherent in having to learn incredibly complicated dance routines. I realise that she must work very, very hard and spend many, many days gamely striving to perfect this level of choreography.

So we all have another glass of wine (which I'm sure is exactly what Bey would *not* do when faced with a challenge) before we slump off to bed, dreading our imminent hangovers.

There is a trail of gold sequins which is going to take ages to vacuum up

## DAY THREE

I wake up feeling pretty awful. I usually feed my hangover with haloumi and ice-cream, so my heart sinks when I remember that I'm going to have to get through the day with vegetables and tofu alone. I descend on a vegan cafe I have discovered via much Googling, where I order a "raw lasagne" made with vegan cheese and find myself pleasantly surprised. I ask the manager for the vegan cheese recipe for my cravings, and she notes it down for me.





Our writer's attempts at Beyoncé-esque tabletop dancing did not impress the bouncer at her local bar.

covered with melted cheese and mayo. When I ask if they can bring me another one sans offending dairy/egg products, the waitress claims I never said I was vegan. I look to my date to back me up, but he just stares at the floor.

Later, I ask the guy why he didn't support me. He said he found my complaining "unnecessary and embarrassing". Bey would throw a drink in his face. Instead, I make my excuses after dinner and leave.

## DAY FOUR

I make a batch of vegan cheese for the rest of the week. It tastes, to my shock, quite nice. I put it on a sweet potato for lunch at home and eat it in my underwear, for added Beyoncé sensuality.

Being Queen Of The Beyhive means maintaining a significant and highly committed relationship with Instagram. The holidays. The private planes. The yachts ... ah, yachts. Beyoncé followers will know that for a portion of the year, Bey can be found bobbing around on a boat that would make a medium-sized navy jealous. There she enjoys sharing snaps of her days of kaftans and champagne, in between reminding Jay Z to reapply sunscreen (or so I imagine).

Unfortunately, I don't have a yacht at my disposal. The closest I can muster is a small ferry full of grumpy commuters. To re-create a Beyoncé moment for the purposes of Instagram, I put on some leather trousers, huge heels and a faux-fur coat and head to said boat.

But I miss the boat, as I'm so not used to wearing 12cm heels, which means the walk to the bus takes twice as long as usual. When I get on the next ferry full of professionals in suits and ties, they stare in unabashed curiosity and horror for the 25-minute journey.

It's a Friday, so time for a night on the tiles. I wear a gold sequined dress – unbelievably over-the-top for our local dive bar, but my most "showgirl" outfit. Midway through the night I gingerly invoke my "Beyoncé On A Night Out" vibe by climbing onto a table to dance, but a bouncer hauls me down and gives me a telling off about health and safety.

## DAY FIVE

Again, I wake up feeling ropey. There is also a trail of gold sequins all over the unit, which is going to take ages to vacuum up. However, I have one more task for my housemate. I make her a vegan breakfast, then drag her out on to the street to take a photo of me posing by an amazing car in my gold dress.

But, typically, there are no amazing cars. Just Nissan Micras and some tradies' vans. And it's raining. And I have a headache. And we look ridiculous. The predominant take-home of the Beyoncé experiment so far is that it's impossible to channel her while hungover.

I am not reaching my full Beyoncé capacity. Cashew cheese alone won't cut it. I also realise that I have to do the weekly shop at the fruit market and take a load of washing to the laundromat, so set off in my glam gear. Not surprisingly, pics of Bey performing such domestic chores are absent from her Instagram account.

I make a to-do list for the next two days that says: Be. More. Fierce.

## DAY SIX

Fierce as in ditching any semblance of vanity. It's time for a "Woke Up Like This" selfie. Out of curiosity, I search for the hashtag and plunge into a sea of some of the most embarrassing, humourless vanity I've ever seen.

That night, I've got a date. I order a vegan burger, but when it arrives, it's

I've seen for the first time how foreign genuine confidence is to me

## DAY SEVEN

The experiment calls for a night at the local karaoke bar to belt out some Queen Bey classics, and my housemate urges me to wear my "hot red dress".

"No. I can only wear that when I'm about five kilos lighter than I am now," I point out.

"That is the dress Beyoncé would wear, Dolly," she retorts. So, I put aside all self-consciousness and squeeze myself into the tightest thing I own. And when I get up to sing along with the opening horns of "Crazy In Love", strangely I forget that I think I'm not supposed to be wearing it. With friends cheering me on, I have so much fun I get up later to sing "Love On Top". I may still have the boring, bitten-down nails, but I have the chutzpah to wear bodycon a size too small.

And that's not my only takeaway from Project Becoming Bey.

My muscles hurt from all the dancing and my Instagram followers are bored of my face. But this experience has made me realise how often I apologise – for my face, my dancing, my body. I've seen for the first time how foreign the notion of genuine confidence is to me. I'd like to be someone who can present themselves with belief – and without a constant stream of self-deprecating jokes. Most importantly, I hope some of that famous Beyoncé ferocity sticks with me – at least for a while, anyway. □





## 19 KIDS AND COUNTING

Famous reality TV family the Duggars, who have been dogged by sexual assault claims this year, have never publicly identified as Quiverfull, but their lifestyle mirrors many of its core principles.



Wives must obey husbands.  
A man's lust is her fault.  
Women must breed God's army.  
It's a sin to do paid work ...

# Inside the world's most WOMAN-HATING CULT

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The Christian fundamentalist Quiverfull movement was thrust into the spotlight after being rocked by abuse scandals this year. Poppy Logan reports on the *shocking reality* of life for female devotees





Above: the abundant Duggar clan in 2007. Right: magazines report on Josh Duggar's sexual molestation and cheating scandals.

Brooke Arnold lay under the covers of her bed crying. Hot tears streamed down the Texan teenager's cheeks as she prayed for God to help her. Brooke was very developed for her age and she had started to become acutely, painfully aware of how men's eyes would linger on her chest during church. Despite the long ankle-length dresses and high-necked shirts that she wore, she knew their attraction to her shapely form was her fault. Growing up in a family that belonged to the extreme Christian fundamentalist Quiverfull movement, it had been drummed into her that if a man desired her, she was to blame.

As a Quiverfull woman, for Brooke, daily life was fraught with the potential for wrongdoing: expressing opinions would earn her a sharp rebuke from her parents or elders in her congregation. She was expected to smile at all times and let men take the lead in conversations. It was evil for a woman to work outside the house. Entertaining the idea of higher education was Satan's work. Swimming was forbidden for Quiverfull women, as it was immodest. TV was also off limits.

"I wasn't allowed to go to school, we weren't allowed to have contact with people from outside of our church," says Brooke today. "I was expected to stare at the floor at all times. I wasn't allowed to open the door for myself [outside of home] so I had to stand there and wait for a man to [open it]."

Brooke knew her future was set in stone: her duty would be to marry a man approved by her father and then to bear as many children as possible, no matter the toll multiple pregnancies might take on her physical and emotional health.

That's because Quiverfull, and more broadly the Christian patriarchy movement, teaches that men are the leaders, protectors and providers, while women are created to merely be "helpmeets", who must completely yield and submit in

every aspect of their life to the head of the household, be it their father or husband. They are proponents of what has been termed "extreme motherhood" – that is, it is God's will that families have as many children as possible, which often means the brood numbers well into the double digits. In the case of the Duggar family, made famous by their reality TV show, that means 19 kids and counting.

**"I was expected to stare at the floor at all times. I wasn't allowed to open the door ... I had to wait for a man to [open it]"**

– Brooke Arnold

(While the Duggars don't formally identify as Quiverfull, they adhere to many of the core values of the movement.)

Until 2015, Jim Bob and Michelle Duggar and their enormous brood, with their beaming smiles, immaculate home and multimillion-dollar TV deal, were the poster family for this sort of lifestyle. Week after week, for 10 seasons, millions of Americans tuned in to their show, *19 Kids And Counting*, to watch their seemingly wholesome lives play out like some sort of benignly retro cultural antidote.

But the image of their "perfect" life was shattered in May when news broke that the oldest Duggar son, Josh, had molested four of his sisters while they were sleeping. Not only that, their father, Jim Bob, had kept the crimes from the authorities. And as a final flourish, the hack of extramarital affair website Ashley Madison revealed Josh had been looking for sex with married women and was addicted to pornography.

Then, in October, five women sued the Institute in Basic Life Principles (IBLP), whose Christian homeschooling program is used by Quiverfull families, alleging that the organisation enabled and covered up sexual abuse.

As the year drew to a close, the image of the virtuous, family-oriented Quiverfull movement was imploding.



**T**he name “Quiverfull” comes from the Bible’s Psalm 127: “As arrows in the hand of the mighty man, so are the children of one’s youth, happy is the man who hath his quiver full of them.” They are part of a movement that has been dubbed “radically pro-life”, meaning followers leave how many children they have up to God. There is also a political dimension to this, with some followers believing they are building an army of conservative Christians for God.

While there is no Quiverfull Church, as such, rather, there are Quiverfull families in a variety of denominations. What makes them “Quiverfull” is their shared devotion to patriarchy, Christian homeschooling, and large numbers of children. While there are no precise numbers, it is thought there are about 10,000 families, mostly in the US, who adhere to the Quiverfull lifestyle.

According to most accounts, the movement started in the mid ’80s when Mary Pride, a homeschooling advocate, wrote *The Way Home: Beyond Feminism, Back To Reality*, a manifesto that argued for a return to patriarchy. Abortion was a burning issue, US President Ronald Reagan had galvanised the conservative right, and Christian families throughout America and beyond – the UK and Australia too – dedicated themselves to having lots of children, and visibly demonstrating their pro-life values. The movement quickly caught on.

However, some people argue that families in which males are revered and women are taught to subjugate themselves completely, and in which groups of siblings, who have little if no understanding about sex, spend a significant amount of time together, creates a culture in which physical, emotional, and sexual abuse can flourish.

As a teenager, Brooke says she became aware of the darker currents in the Quiverfull movement. “You have a lot of large families with older teenage boys, basically spending all day, every day inside their houses with younger girls, with little sisters,” she says. “They’re forbidden to masturbate. They’re not really told much about sex, and so it creates this environment that is incredibly ripe for molestation.” She adds: “I was so aware of so many girls in my church who

were being sexually molested by their brothers or their fathers.”

After the Josh Duggar news broke, Brooke wrote a piece about her experiences for online news magazine *Salon*. “I had [women] who I was completely unaware of email me to say, ‘That was me too,’” she says.

The issue of abuse in the Christian patriarchy movement was further brought to light in 2014, when figurehead Bill Gothard, the founder and longtime president of the IBLP, resigned after more than 30 women claimed that he had sexually harassed them.

In October 2015, five women – Rachel Frost, Rachel Lees, Gretchen Wilkinson, Charis Barker, and a Jane Doe – filed a lawsuit against the IBLP alleging a “sweeping pattern of abuse”. They claim women who had been sexually or physically abused at home would be sent to IBLP for counselling after “acting out”. Gothard was aware of the abuse the girls had suffered, and would offer to counsel them at IBLP headquarters, alleges the women’s lawyer, David Gibbs, in *The Washington Post*. When the women were alone with him, they say he inappropriately touched them. If they pulled away or rejected the advances, claims Gibbs, Gothard or another IBLP leader would “call the parents and share with them all the allegations of abuse that were shared in counselling, and then send them back into those environments”.

Right: Brooke Arnold escaped the extreme Quiverfull lifestyle. Far right: she is now a successful comedian in New York.

## How to be a *devout* Quiverfull wife

### Obey your husband

Women must be submissive, including always acquiescing when their husband feels like sex.

### Have as many children as possible

It’s the duty of parents to have large families, no matter the health implications for mums.

### Wear long clothing

A woman who wears immodest dress is guilty of tempting men.

### Homeschool your children

Children must be protected from the influences of the outside world and follow a Scripture-heavy curriculum.

**I** wasn’t surprised,” says Vyckie Garrison, 49, of the revelations about Josh Duggar. “That family looked so wholesome and happy on TV, but people who have lived that lifestyle know better.”

For 16 years Garrison was a pillar of the Quiverfull lifestyle, having discovered it while researching homeschooling options for her young daughter in the late 1980s. Enamoured by the movement, she and her husband went on to have six more children. Such was her commitment, she also published a Christian family newspaper with a circulation of 6000.

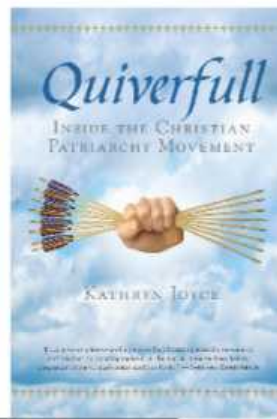
But by 2008, the reality of life as a Quiverfull wife and mother was starting to take its toll. Her husband “constantly criticised and complained about all the ways in which

the children and I failed to live up to God’s perfect standards”, Garrison has said. “He didn’t have to brandish a weapon in order to control our every action, indeed even our thoughts and feelings. All he had to do was fulfil his God-appointed role of patriarch.”

Garrison said her husband was so controlling that she finally turned to a local domestic violence shelter to help ▶







## A FREE WOMAN

Left: Vyckie Garrison finally left her Christian patriarchal marriage after years of mental and emotional abuse. Above: author Kathryn Joyce wrote an exposé on the movement.

her get a restraining order. “[His] emotional and mental abuse against me and my children had escalated to the point that I was in the midst of a complete mental and physical breakdown,” she has said.

“My kids were all fairly miserable, there was so much isolation,” she recalled. “I was burnt out.” Garrison made the harrowing decision to divorce her husband and forge a life with her children away from the movement.

Today, Garrison is one of the Quiverfull movement’s most vocal critics. Her website, No Longer Quivering, is a support hub for those who have fled the strictures of the lifestyle.

On her website, Garrison hears all kinds of twisted family dynamics in which men are put up on a pedestal and indulged, while their wives become submissive martyrs. Former members describe a world in which women continue to get pregnant in spite of the advice of doctors (as Garrison did).

“It’s not technically a cult in the strict sense of having one central leader,” she has said. “Instead, Quiverfull is a mindset (a very powerful head trip) in which each family becomes a cult unto itself with Daddy enshrined as the supreme patriarch.”

**A**s a teenager, Brooke Arnold started to chafe against the strictures of the movement, thirsting to experience the world outside the narrow confines of just home and church. She was so hun-

gry for outside knowledge that she would steal books from the library.

“I would [also] shoplift [pop music] cassette tapes. I just so desperately wanted to experience the world,” she explains. “I remember finding a [university] course catalogue [on the street]. I would go through it and read it like a book every day and pick out the courses that I wanted to do.”

When Brooke finally summoned up the courage to talk to her parents about pursuing higher education, “they said that it was Satan tempting me, that those desires were actually evil.”

However, by the time she was 18 Brooke had convinced her father to grant her permission to go work for a local computer shop, where she finally earned enough money to buy a car.

“I slowly began to become really scared and disillusioned with the situation,” she says. “There was just this intense desire for something more.” Finally, Brooke made the decision to not only leave home, but to sever ties with the Quiverfull movement, at first living in her car, before later putting herself through community college, and then, a university degree.

Brooke says her childhood and adolescence left her “completely unprepared for the world that I found

myself in”. She explains: “I was suddenly around men for the first time who were interested in [me], and I had never had that experience so I didn’t know how to read them. I found myself being hurt by people, and being taken advantage of, because I had no experience dealing with people at all.”

Today, Brooke is a successful stand-up comedian in New York, however she still struggles with the after-effects of her time in the movement.

“Even now, I can’t wear a low-cut top or a tank top,” she explains. “I feel very uncomfortable in shorts unless they’re very long. I have a deep discomfort with having any part of my body exposed. If a guy, even a very nice man, comes up to me and says, ‘You’re beautiful’, it will just terrify me to the point where I will run away.”

She is not alone in having turned her back on the Quiverfull lifestyle, and many other families have been asking some hard questions. “Things that have gone on for years are suddenly coming to light,” says Kathryn Joyce, author of *Quiverfull: Inside The Christian Patriarchy Movement*. “A lot of the families who grew up in Christian patriarchy are just now coming of age and even leaving the lifestyle altogether. And the internet has made it much easier for them to share their experiences. If people decide to leave now, there are a lot

more people to show them the way. It’s causing some seismic waves.”

Today, the Duggars remain faithful to the Christian patriarchy lifestyle. Josh has done some time in rehab – and a special in *People* magazine, of course – and his wife, Anna, is sticking by him despite everything. There will be no criminal charges from his sisters either. But the show has been cancelled, and the Quiverfull brand severely tarnished.

“People are realising that this just isn’t a healthy culture,” says Garrison. “The Quiverfull community isn’t as full as it once was.” □

**“Quiverfull is a mindset in which each family becomes a cult, with Daddy enshrined as the supreme patriarch”**

– Vyckie Garrison



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CAMPAIGN

Supporting education and medical research.



# Child's PLAY

Some have elaborate equipment, others just a bit of grass. But as photographer James Mollison found, playtime around the world looks remarkably similar for children everywhere from Gaza to Guangzhou

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## GUANGZHOU, CHINA

"We don't have proper breaks like you do," a guide told photographer James Mollison when he arrived at this Chinese primary school. Instead, the entire campus takes part in aerobics exercises for about 20 minutes. In the afternoon, the students get a second block of free time, but they have to play a sport, like basketball. "It wasn't free play," recalls Mollison. "It was quite surreal."





## LANCASHIRE, THE UK

Originally, Mollison envisaged his photo project comprising just British schools, and Stonyhurst, a Catholic college founded in 1794, was one of the first he visited. Despite the prestige of this boarding school (its famous alumni includes archbishops, prime ministers and *Sherlock Holmes* author Sir Arthur Conan Doyle), the students are happiest when playing simple ball games in the mud.

## GUJARAT, INDIA

In the west of the country near the border with Pakistan, the villagers of Ludiya in the state of Gujarat live in historic buildings and dress in traditional garb “untouched by modern life”, says Mollison. Yet, the children’s game of choice – a blindfolded girl would chase around her playmates trying to catch them – might be familiar. “It was like a game of [tag],” he explains. “The way that kids played was very similar, whether it was in India or England.” ➤





# World report

## THIMPHU, BHUTAN

The 450 young boys training to become monks at the Dechen Phodrang school only get one allotment of free time every day: an hour between breakfast and morning prayer. Life in the monastery is simple, says Mollison, and many students sleep on the floor of the study hall. "This region is very poor," explains Mollison. "So if the family can't afford to feed their children, they can be sent to these schools and go into training to become a monk."



## GAZA CITY, GAZA

"Very noisy," Mollison recalls of this playground, shared by two separate schools built for Palestinian refugees, with more than 900 students each. Playtime operated in shifts: the girls took their break in the morning, while the boys descended on the shaded, canopied playground in the sweltering afternoon heat.





## KRISTIANSUND, NORWAY

Despite the long winters, children are encouraged to play outside all year round in Norway. Of all the 17 countries he visited over six years for this project, this was Mollison's favourite. "They believe in learning through play," he explains.



## TEL AVIV, ISRAEL

Most of the 850 students from this technical college will be drafted into the Israeli Air Force. During free time, they play table tennis or chess.

## HIDALGO, MEXICO

Life's hard for the pupils of this Mexican primary school – many work in the mornings before class. Despite this, break time is boisterous. "They were playing a version of dodgeball, just more violent," laughs Mollison.



## TOKYO, JAPAN

Built 15 years ago in the high-density Japanese capital, this school playground is housed on the rooftop, and has a retractable covering that plays music as it moves.



## GUJARAT, INDIA

Prestigious Rajkumar College was originally built to educate princes in 1870. Students run wild at playtime, and yoga on the grass is compulsory from Kindergarten to Year Eight.



## VENICE, ITALY

When Mollison visited this football court behind a primary school, a fight had broken out. "I certainly remember from my own childhood that [playgrounds] would also be quite scary at times," he says. ▷



## MOSCOW, RUSSIA

Most schools in the Russian capital are numbered: this one is called School Number 2013. Found in a lower middle class neighbourhood, the astroturf playground – chosen to last through the harsh winters – sits in the shadow of high-rise apartments. When the pupils enter and leave the grounds they swipe their identity card and their parents are automatically notified of their whereabouts via text message.



## NAIROBI, KENYA

Some 600,000 people live in the Mathare shanty town, an encampment of just eight square kilometres. This school is just one of many in the slum. Every day 815 pupils squeeze into the corrugated metal classrooms and share eight toilets between them. Since 2005, the World Food Programme has provided each student with a meal. Many children choose to take their food home and share it with their family during playtime. □

Playground by James Mollison (*Aperture*, approx \$70) is out now. Visit [aperture.org/shop/mollison-playground-book](http://aperture.org/shop/mollison-playground-book).





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The perils of dating the

MODERN

MAN

He'll take you to the coolest gigs, but won't *commit* – or look up from his phone. Jochebed Smith swore off hipster hook-ups to date an *old-school gent*, sans selfies or Snapchat



**T**he Modern Man has an iPhone 6 Plus and goes to the hottest musical festivals around the country every year. He's thinking about starting a blog and has been "like really into stand-up lately". He has a favourite microbrewery because he likes his beer really hoppy, whatever that means. He has a fun Twitter feed and interesting theories about what could happen on *House Of Cards*.

Peter had all the makings of a Modern Man. His Twitter feed was super-witty. He drank only local beer. He wore cardigans and insisted on managing the music at every party, saying, "Trust me, you'll see this artist on the Coachella line-up in two years".

Peter was funny, cultured, well dressed and well read, and I took pride in dating a guy who was so keenly cool. But like most modern men, when confronted after weeks of sleeping together with mild inquiries regarding commitment, he crumbled. The Modern Man is "just not into labels" and is "only trying to have some fun".

When I asked Peter what that was supposed to mean, he said, "Chill".

Yet "chill" I did not.

Later, I met a friend for lunch. "Peter and I broke up," I announced.

"Were you guys together?" she asked.

"Well, we'd been seeing each other for a few weeks."

"Yeah, but it wasn't on Facebook," she said. "It's only real if it's on Facebook."

I was devastated when Peter and I stopped seeing each other, except for the fact that when we stopped seeing each other, we couldn't stop seeing each other, as we followed one another on Twitter and Instagram and were Facebook friends. I saw him all the time, his grinning profile picture shadowing my feed.

"Unfollow him!" my friends would roar. "You'll never get over him unless you unfollow him on all that stuff."

But I couldn't. There was something so enthralling about being able to track Peter's social life. Was he seeing someone else? I had to know. Besides, unfollowing him was too dramatic, as if I was proclaiming, "I can't handle this!" Remaining friends on social media, however, showed I was unfazed, cool, "chill" and whatever.

But I wasn't any of those things. I'd find myself scrolling through his tweets and Instagram posts, which included photos of other women. I'd shove my phone into my friends' faces, their noses practically fogging the screen, and ask, "Is she prettier than me?"

One night, drunk at 2am, I tried to decipher if an innocuous Drake lyric he tweeted could somehow be directed at me as a possible admission of affection. Sensing my own craziness, I clicked "unfollow" and then "unfriend". With this tiny act of defiance, I was finally free. "This is closure," I told myself. "This is moving on."

After that splash of romantic failure, I remembered the wisdom of George Costanza. In a classic episode of *Seinfeld* (are there any non-classic episodes?), George, in realising that his life is a failure, decides he should do the opposite of what he normally does, reasoning that if every instinct he has is wrong, the opposite must be right. With this in mind, I decided to swear off modern men. No more Twitter games. No more Instagram dissections.

No more Facebook predation. I wanted someone mature.

Byron was 10 years my senior and so mature he'd say things like, "I'm 10 years your senior." He wore thick-rim glasses and grown-up shoes. He hated Disneyland and described things as being "like jazz". He didn't have a favourite gin distillery, had never attended Coachella, and was completely off the grid: no Twitter, no

Instagram. He didn't even have Facebook.

How sexy is that?

Byron was old-school.

We knew each other through a mutual friend and were vaguely in the same group, but had spent little time together. I always had a feeling he couldn't stand me, which I, of course, found irresistible. When we started getting to know each other, because we already somewhat knew each other, it felt as if all the most exciting parts of a new relationship had been combined with the ease and familiarity of an old friend. The effect was something like spiked hot chocolate: warm, comforting, intoxicating.

**W**e engaged in face-to-face, eye-to-eye conversations about books (actual hold-them-in-your-hands books!) and about our ideas and hopes, unencumbered by the need to take selfies or choose filters or stare at ▶

“  
No more Twitter,  
Instagram  
or Facebook  
games. I wanted  
someone mature  
”



# Relationships



our phones. We ate at a new restaurant by my house simply because it looked good and not because of reviews on Yelp written by people we had never met. It was at once nostalgic and refreshing.

My Instagram feed had become a vehicle for acquaintances to celebrate their partners and relationships with hashtags like #engagedlife. Sitting across from Byron at a bakery, eating biscuits and drinking coffee, I couldn't help but think they were trying too

hard. How much time can you be spending together if so much of it is spent taking pictures and writing captions?

The modern-day equivalent of "shouting it from the rooftops" is adding a "Life Event" to Facebook, a proclamation of your undying love. Until your love dies and you have to painfully switch your status back to "single".

Byron was not a "Life Event"; he was just sweetly in my life. For a while, as long as we lasted, I wanted, and got, something quieter. I wanted, and got, something more intimate. I wanted, and got, something too big to contain in 140 characters and that couldn't be improved upon by filters.

And then, suddenly, it was over for us, too. I adored him deeply, but in the end that wasn't enough. Like a star dying, there was a brilliant explosion and then a slow fade. My instinct was to gain closure in the ways I had in the past: to rid any semblance of Byron from my life, my apartment, my phone.

But he was already gone. There was nowhere to avoid him because he was nowhere to be found. His online presence was non-existent. He left nothing in my apartment – no toothbrush, no sweater. I clawed through my life only to find no trace of him.

Except in one place. I held my phone gingerly in my hands and for hours re-read months of texts, all that remained of us. I lingered over funny or sexy ones and clutched my heart at ones in which he called me "baby". But after savouring them, I decided to erase those traces, too: Swipe. Tap. Delete.

Now Byron really was gone. Yet I thought about him every day. In the past, romantic loss had produced for me mere heartache – a dull, pounding bruising of the spirit. But the loss of Byron had rendered me heartbroken. This was not just a bruise; I bled. Yet it was the kind of pain that seared so cleanly it made you feel more alive, like the emotional equivalent of getting a tattoo. It was a pain so grand you couldn't bear but to hold it all, and a pain so exquisite you couldn't help but want to.

There was something miraculous in caring about someone so deeply in an age where it's considered wise to appear to care about nothing at all. It occurred to me then, in the trenches of my blankets, enveloped by Netflix and surrounded by bunched clouds of tissues, that this was love.

Then I downloaded Tinder.

I walked to my first (and only) Tinder date with heavy feet and a slow-boiling regret. I spent most of the meal wondering what Byron was doing while calculating how drunk I would have to get to make this evening not awful. My date spent most of the time on his phone checking out the restaurant he picked ("I saw some great reviews on Yelp!"), tweeting that it looked as if it might rain, and posting pictures of his entrée on Instagram.

Finally, at the end, he looked up at me with eyes I only then realised were green and not blue (the tinged glow of his phone had thrown off their true colour) and said four fatal words: "Do you have Snapchat?"

"No," I said. "I'm old-school."

On the way home, I stopped and bought stamps. It had been months since we'd spoken, and although I held no hope for second chances, I missed him too much not to say so.

That night, I wrote Byron a letter: a hold-it-in-your hands letter.

Days later, because letters take days, his name flashed on my phone.

"Hey," his text read. And then, after a long, pulsing ellipses: "I miss you, too." □

“  
I wanted, and got,  
something too big to  
contain in 140 characters  
and that couldn't be  
improved upon by filters  
”






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Special report



"GO BACK TO  
WHERE YOU  
COME FROM"



"DIRTY  
ARAB"

# ADVANCE

Ten years on from the infamous Cronulla race riots in Sydney, what  
Here, people share the slurs hurled against them – and why they still



"BLACKS  
AMOUNT  
TO NOTHING  
IN LIFE"



"SAND  
NIGGER"





"TAKE YOUR  
F\*\*\*ING LANGUAGE  
AND PISS OFF,  
F\*\*\*ING CHINK"



"ARE YOU A  
REFUGEE?"

# AUSTRALIA

have we learnt about acceptance?  
hold hope for a brighter future

**FAIR?**



"YOU SMELL  
LIKE POO,  
YOU DON'T  
BATHE"



"YOU LOOK  
LIKE A  
TERRORIST"



# Special report

**T**he crashing surf sparkled under a deep blue sky, the backdrop postcard-perfect Australia. It was 8am on December 11, 2005, and crowds were already gathering in the Sydney suburb of Cronulla. By lunchtime, the throng of 5000 people, in an alcohol-fuelled rage, frenziedly attacked two defenceless men of Middle Eastern appearance. In the hours and days that followed, scenes of racially motivated violence played out over Sydney. News footage broadcast worldwide showed men being bashed and police being deployed in riot gear. As a country, we were appalled.

A decade on, the racial fault lines in our society are increasingly on display. In 2009, a spate of violent attacks on Indian students in Sydney and Melbourne created a diplomatic crisis. That same year, researchers found that people with a foreign or indigenous-sounding name were less likely to get a job in Australia.<sup>^</sup> Footballer Adam Goodes – 2014 Australian of the Year – sparked relentless criticism after he publicly spoke out about the inequality faced by Indigenous people. The ensuing uproar eventually contributed to his retirement from the AFL. Meanwhile, Reclaim Australia has held rallies in most Australian capital cities and nearly 60,000 people have liked their Facebook page.

The numbers paint a stark picture: in 2007, nine per cent of people surveyed reported experiencing some form of racial discrimination. In 2015, it has risen to 15 per cent, which translates to 3.3 million Australians.\* But experts say the community needs to get involved to thwart this issue. “If you see something, say something,” says Dr Tim Soutphommasane, Race Discrimination Commissioner. “We all have a part to play in safeguarding unity and harmony.”

Here, eight Australians share their everyday experiences of racism and their hopes for a brighter tomorrow.



**“These aren’t one-offs, they’re on the rise. To change this we need education”**

**SARA, 28**, is a refugee advocate. She was raised in Australia and the United Arab Emirates by a Lebanese mum and Egyptian dad.

“Muslim women are often targeted with Islamophobic comments because we are so visible. [Racist slurs] are more common since I started wearing a headscarf 18 months ago, and people ask me: ‘Were you forced to wear it?’ The answer is ‘no’, it’s a personal choice. People look at me sympathetically, like I need saving. Australian people have said awful

things to me on social media. ‘All Muslim women should be raped’, ‘Go back to where you come from’ and ‘Muslims should be shot on the spot’ are just some of the vitriolic comments. It’s emotionally draining to be exposed to a barrage of hate. These aren’t one-off incidents, they are on the rise. To change this, we need education and engagement between communities.”

**PRIYANI, 24**, is an engineer. She was born in Melbourne to Indian parents.

“I have experienced racism my whole life. At school I was called ‘dirty Arab’, and made fun of for being brown, too hairy and having frizzy hair. I grew up seeing white, blonde girls on every poster and in every advert – this makes it very obvious I am different. Until I was 21 I experienced depression and self-harmed because I felt I didn’t fit in. But I’ve taken my experiences and become a strong,

independent and confident woman. Being a female engineer from an Indian background is empowering and allows me to support young girls going through the same issues. I mentor Sudanese girls, and when they say they wish they were white it breaks my heart. But they see me, a woman of colour, as a role model who has managed to overcome my insecurities and be successful, and they are encouraged.”



**“I’ve taken my experiences and become a strong and confident woman”**



**“A woman on a bus spat at me and screamed abuse. Nobody stood up for me”**

**LINDSAY, 30**, works in TV. She moved to Australia from China with her parents when she was five.

“I’ve grown up in Australia but because of my background I’ve always felt I’ve had to work extra hard to prove myself. When I started applying for jobs, I used my legal Chinese name, Li Li. Nobody called me back. I changed my name to Lindsay and put the same CV out there – suddenly people started ringing me back. I think people are inherently racist. Recently, a woman on the bus approached me. She spat

at me, and called me a ‘fucking ugly chink’. I was so shocked. She was screaming abuse at me, and saying, ‘Take your fucking language and piss off, fucking chink.’ Nobody on the bus stood up for me, not even the driver. I’ve been suffering from anxiety since then. Nobody should be made to feel like that. Hopefully the more we talk about racism, the more people will think about their attitudes.” ▷



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# Special report



**NKANDU, 32**, an author and speaker, was born in Zambia. She settled in Australia 10 years ago.

"A lot of people assume I'm a refugee. I explain not all black people are refugees. I'm here by choice, not because of circumstance. At one of my workplaces, my manager asked me to take a TB [tuberculosis] test because I was born in Africa. I was furious. I was the only one asked to prove I didn't have TB. I don't think people are out to hurt others; these remarks are more out of ignorance and fear. Someone once asked me: 'Your country Africa is in a lot of trouble, what have you got to say about that?' That kind of ignorance is widespread. It's the subtle racism, even from well-educated people, that hurts. The moment we shatter the illusion of separation, of 'them and us', is the moment we can advance humanity."



**KIRA-LEA, 26**, has an Aboriginal father and Russian mother. She founded Aboriginal Model Management.

"I didn't feel I was a victim of racism until my early teens. At a dance audition, the producers asked me what nationality I was. When I said I was Aboriginal, they said I was 'too pretty to be Aboriginal'. One teacher told me, 'Blacks amount to nothing in life', and I should 'Just try to be a good mum to all the kids I'll have.' It works both ways though – one Aboriginal peer told me I wasn't 'black enough'. I set up my business because there was a lack of opportunities for Aboriginal models. The social media response to Adam Goodes [being made a David Jones ambassador] highlighted that we still have major issues. But more people are taking a stand and letting those who offend know it won't be tolerated."



**"I had no idea that people saw me as different because I feel Australian"**

**OMAR, 22**, is a singer. His family moved from Lebanon to Australia when he was three.

"I know people often say there's tension between Australians and Lebanese but I rarely experienced it when I was growing up. I'm proud of where I come from, but Australia is my home. But when I appeared on *The X Factor* [in 2013] some people on social media called me things like 'sand nigger', 'Arab', and under one photo – where I was dressed up in a superhero cape – someone said 'he's flying straight into

the World Trade Center'. Most people with these prejudices hide behind social media. I had no idea that people saw me as different because I feel Australian. I suddenly felt like some sort of outcast and alienated. After talking it through with my mum, she helped me realise that people who think like this are ignorant. I saw a sign the other day that said 'Real Australians say welcome', which I thought was brilliant."

**ALPA, 35**, works in financial services. She was born in Australia. Her parents are of Indian origin, but were born in Zimbabwe.

"Once a cab driver asked if I wanted to go to New Delhi, and another said, 'We don't see many of your type in Bondi.' My response to that was, 'What, Queenslanders?' Growing up in Brisbane, kids used to say to me, 'You don't bathe, you smell like poo.' I even got called a 'black Abo' by the daughter of a teacher at my school. As a child I didn't understand, but when I think about it now,

it makes me sick to my stomach. People often think I'm mixed race or South American and recently, on Tinder, some men stopped messaging me when they found out my heritage is Indian. Everyone [in Australia], barring the Indigenous First Peoples, is of migrant heritage. We all bring something wonderful and unique to this amazing country."



**"We all bring something wonderful and unique to this country"**



**"People don't realise they're being racist, because it's wrapped up in a 'joke'"**

**SUNIL, 41**, is a writer and broadcaster. He was born in Sydney. His parents were born in India.

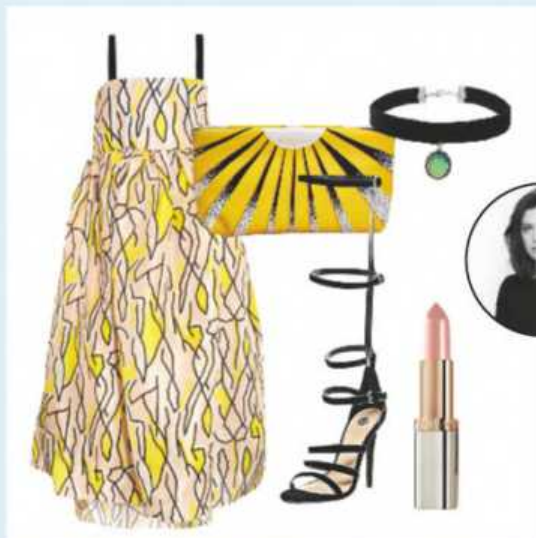
"I decided to grow a beard recently. As someone of 'Middle Eastern appearance' the first thing people say isn't 'Wow, you look like a hipster', but 'Wow, you look like a terrorist.' Recently, I was in the pub when a neighbour invited me over to his table, where his friends were already quite drunk. 'Get over here, ya fucken black c\*\*t!' cried a blonde girl I didn't know. None of them said anything to

remonstrate with her. When I expressed my disapproval, they told me to 'lighten up – she's only joking'. Many people don't know they're being racist, because it's wrapped up in a 'joke'. It's also interesting how people think it's my problem that I find the joke offensive. The more we discuss racism and its effects, the more we can work to become a more compassionate, harmonious society." □



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# Street talker

## THE BRANDS MADE FAMOUS BY IT-GIRLS

Once upon a time, designers lived or died by the choices of shrewd buyers and eagle-eyed editors. Today, labels can reach stratospheric heights simply by getting their designs seen on the right girl. Hannah-Rose Yee reveals the brands catapulted to cult status via the streets





**STOPPING TRAFFIC**  
Some of fashion's key influencers have been snapped toting a Paula Cademartori bag, including (left) fashionista Chiara Ferragni in Milan in 2014; Australian style blogger Zanita Whittington (above right) during New York Fashion Week 2016 in September; long-time devotee Anna Dello Russo (above far right) in Milan in 2013. Below: stylist Anya Ziourova clutches a Cademartori in New York in 2014.

## THE IT-GIRL'S IT-BAG

### Paula Cademartori



You might not know Paula Cademartori's name, but you will most likely know her bags, thanks to their omnipresence on street style blogs come the biannual international Fashion

Weeks. Forget Céline and Chloé. It's Cademartori's bright, sherbert-hued satchels that are favoured by almost every street style star on the planet.

The designer launched her brand in 2010, cold-calling boutiques and publications in Milan trying to introduce them to her label. Her breakthrough came when street-style clickbait Anna Dello Russo answered her calls, booked a showing, and grabbed a gold python clutch to take with her to New York Fashion Week in February 2011. She was snapped sporting the bag and the images were plastered across social media. Shortly afterwards Dello Russo's friend, Russian fashion editor Miroslava Duma got in touch with Cademartori, snagging an emerald green tote to take to Paris Fashion Week the following year (one image that Duma posted of herself holding the bag garnered almost 15,000 likes).

But Cademartori is adamant that street style can only get a designer so far. "I couldn't be happier that the street style boom happened as I was launching my brand," she says. "[It] helped me get the product out there. But the product was something that sold itself." ▸



Clockwise from above left: Leandra Medine in Paris in 2014; Sofie Valkiers in Milan in 2015; Miroslava Duma in Paris in 2013; Candela Novembre in Milan in 2013.





# Fashion report



Clockwise from above: Natuka Karkashadze, Natalie Joos and Yoyo Cao flaunt classic Ellery silhouettes.

## THE FASHION EDITOR FAVOURITE *Ellery*



When you wear an Ellery piece, it takes on a life of its own. The flares flare. The sleeves billow. And the street-style photographers come a-running.

"Street style means you can see an outfit from different angles, and in motion too," explains designer Kym Ellery. The movement in particular is a quality that has made her designs immensely popular among the globetrotting fashion cognoscenti (think Natalie Joos, Nicole Warne and Yasmin Sewell).

Ellery says that her label now receives as many sales enquiries from customers who have caught glimpses of a design on Instagram as they do from celebrities parading her pieces on the red carpet. One particular picture of a stylist, clad in clouds of diaphanous Ellery silk, resulted in hundreds of email requests in 2014.

Ellery has personally experienced the lure of her brand in the eyes of street-style snappers. In Paris last year, she was set upon up by a scrum of photographers. "I thought they had mistaken me for a [celebrity]," says Ellery. "But no, they just liked my pants."



Blogger Hanneli Mustaparta in New York in 2013.

## THE JEAN GENIUS

### *Frame Denim*



Many designers make items for their friends. Not all designers have friends like Karlie Kloss. That's how boutique denim brand Frame's cult Forever Karlie flares came into being:

an impassioned plea from a supermodel for a pair of jeans that were long enough for her 185cm frame, and a bit of quick thinking on behalf of Frame co-founders Jens Grede and Erik Torstensson.

The jeans were made, Kloss shimmied into them at New York Fashion Week in 2013 and the street-style photographers went wild. The orders flowed in and the brand moved from a fashion insider fave, known for its skinny jeans, to a major denim player with more than 50 stockists worldwide (including David Jones).

Grede is unequivocal: "I think Frame is entirely built on street style." The designer believes that "what defines Frame is how people wear us when they style themselves".

To that end, the Frame stable is filled with street-style mainstays: overalls, denim boilersuits and those bestselling flares. "We all get the chance to make our own catwalks [with street style], and I love it," says Grede.



Left: a plea from Karlie Kloss to Frame's co-founders to make a pair of flares to fit her long legs was ultimately pivotal in the brand's success. Style-setters Roberta Benteler (above) and Talisa Sutton (right) are big Frame fans.





The international Tome squad includes (clockwise from left) Sarah Jessica Parker, Gemma Ward, Giovanna Battaglia and Margaret Zhang.

## THE BOYS FROM OZ

### Tome



Ask designer Ryan Lobo the moment he believed Tome had finally “arrived” and he doesn’t hesitate. “Giovanna in the trench,” he says, definitively. He’s talking about Italian stylist (and former girlfriend of Vladimir Restoin-Roitfeld, yes Carine’s son) Giovanna Battaglia, who wore a mercurial gold jacket to New York Fashion Week in 2013 (pictured above right). It caused a street-style frenzy, and the pictures of Battaglia striding down a Manhattan sidewalk were plastered across style blogs and shared on Instagram.

Suddenly, the little label founded by two Australian expats (Lobo’s business partner is Ramon Martin) was transformed into an It-brand with A-list clientele, from Sarah Jessica Parker to Amal Clooney. The boys from Oz had made it.

“I believe that a single person can put you on the map,” muses Lobo, who views the role that street style plays as more complex than merely a sales or branding boost. Street style is a constant source of inspiration, and a way of translating the runway to real life. “It’s the power of one woman’s style,” he says. “If it wasn’t for those moments – like Giovanna in the trench – I don’t know if the [Tome] story would be the same.”

## THE FABULOUS FAUX FURRIER

### Shrimps



When it comes to fashion origin stories, nowhere has street style played a more tangible role than for London-based brand Shrimps. In 2013, model Laura Bailey found herself surrounded by photographers at London Fashion Week thanks to her distinctive, striped faux fur coat. Net-a-porter founder Natalie Massenet spotted Bailey through the crowd and was so enamoured with her jacket that she chased her down the street, demanding to know the name of the designer. The answer? Shrimps, an unknown faux fur brand founded by Hannah Weiland, now 25. Cue a large order for Net-a-porter, and a small one for Massenet herself. (She later wore her bespoke French navy coat to New York Fashion Week in 2014.)

Today, the brand is a favourite of It-Brits Alexa Chung, Poppy Delevingne and Pixie Geldof, and boasts a slim but significant stockist list that includes Net-a-porter, Matchesfashion.com, Selfridges and Perth’s Elle boutique.

“Shrimps coats are for when you’re looking for something with an element of fun, [when] you don’t want to look boring,” says Weiland. “They stand out from the crowd.” □



Clockwise from top: Laura Bailey, Poppy Delevingne, Pandora Sykes, Alexa Chung and Susie Lau turn heads in Shrimps.






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# frankly SPEAKING

## with rachael taylor

She made *headlines* when she spoke out about her experience of *domestic violence*. Now in a hot new TV show, the homegrown *Hollywood star* tells Jackie Frank about life in the spotlight

### LA woman

**JACKIE FRANK:** You moved to Los Angeles when you were 21. Looking back, what would you say to that 21-year-old now?

**RACHAEL TAYLOR:** I'd say wait. I have no regrets but moving to LA was a bit of a shock for me – having parents who had been married for 35 years, and growing up in a lovely part of Tasmania, which is a very protected place. LA is kind of a toxic city, without wanting to put it down or not appreciate how lucky I have been. I didn't wait tables [in LA]. I didn't have to go through the real brutality of what being an actor can be.

**JF:** How did you avoid it?

**RT:** Luck. Nobody ever tells actors that you have to be talented, hardworking – and lucky. Luck is maybe even more important.

**JF:** You've said you weren't always at peace with your own self-image.

**RT:** I don't *always* feel good about my body. Does anyone? It's a work in progress. So I am getting more firm in my body confidence as I get older. I'm in a tricky industry on this front, there are a lot of contradictions about what women's bodies should or shouldn't look like.

**JF:** But you're also gorgeous. When did you realise that you were beautiful?

**RT:** I've never had a great awareness of what other people think about me. I guess I've clocked it through my work, being cast this way or that, or on photo shoots, but I try not to ingest it too much. I think that women are asked to consider their external beauty too much.

### fighting back

**JF:** You wrote a great piece for *The Australian Women's Weekly* about domestic violence [Taylor endured eight months of abuse from her then-partner, actor Matt Newton, taking an AVO out against him in September 2010]. It was so honest.

**RT:** Thank you.

**JF:** You spoke about how women in that situation remain silent because they feel ashamed. Why is that?

**RT:** Well, it was just my experience – the self-blaming and shame ... I felt so embarrassed that I had walked into that scenario. So to be honest, even with myself, about it was very difficult. At a fundraising event for White Ribbon I had a conversation with [domestic

**"I think women are asked to consider their external beauty too much"**



violence campaigner] Rosie Batty. She said it's funny, isn't it, that people are proud you've declared you're a survivor of a violent relationship, but it's also hard for people to sit with it.

**JF:** Really?

**RT:** People go, "Oh, it's great, what you've said and it's great what you are doing," but, unfortunately, I think people had preferred when I was silent about it ... they're not quite sure what to do with you.

**JF:** You think they can't accept it?

**RT:** [Australia's Ambassador for Women and Girls] Natasha Stott Despoja said that it's not easy for a society to declare: "We don't respect women and this is a problem." We would rather not acknowledge it. It's even difficult for me to hold a space around it, even having declared it.

**JF:** Why is that?

**RT:** It's not like you suddenly go, "Oh well, now I'm not ashamed." It's sort of an ▶





Red Dog was the Aussie cinema hit of 2011. Left: Taylor perfects her pout for social media with Jessica Jones cast mates Krysten Ritter and Eka Darville.



### RISEING STAR

Taylor co-stars in upcoming movie *Gold* (top left) and Netflix show *Jessica Jones* (top right). An abusive relationship with Matt Newton (left) saw her advocate against domestic violence. She also stood up for marriage equality in 2012 (right).



endless job; the process of making an agreement with yourself that says you are not responsible and it's OK.

**JF:** Whom did you first reveal it to?

**RT:** A very dear friend called Les.

**JF:** And the reaction?

**RT:** He was the perfect person. I think my friends were aware of the dynamic, you know? With my childhood friend, Lily, who is really like my sister, we spoke a couple of months after the article and she said, "I have to tell you that I have felt incredibly guilty for not trying to step in or get you out of that situation."

She is a psychologist, that's what she does. And she's like, "I didn't want to acknowledge it and I figured you knew what you were doing and you just didn't. I wanted to think you would manage it."

That was one of the things I tried to name in the article – this thing of telling myself I wasn't the type of woman who finds herself in a violent relationship.

I wear nice clothes. My shirt is nicely pressed. What does a woman who is in a violent relationship look like to you? I was guilty of all of those assumptions and stereotypes and judgments that lock up the conversation about violence against women.

**JF:** Violence against women can take many forms, can't it?

**RT:** Yep. Psychological abuse. Financial abuse is also a big one.

**JF:** What stops women talking to their friends or family?

**RT:** Shame. Shame stops you, so that you don't want to sit down with your girlfriend or, you know, your parents.

**JF:** Is that the same thing that stops you from leaving? Because that's the question that unfortunately gets asked: "Why didn't they just leave?"

**RT:** I had a girlfriend ask me that. My answer was that I thought I could fix it.

**JF:** Do you have anything to say to women who might be in a similar situation?

**RT:** Know that it's not about you, it's not your fault. It's nothing you did and you don't have to solve it. You don't have to remedy it. It's not your burden to carry. You don't have to make it right.

**JF:** Did you find it hard to trust men after that?

**RT:** Yes, it *was* difficult for me to trust men in terms of intimate relationships. It was only recently that I found myself feeling secure with a romantic partner again. But I don't think men are untrustworthy or the "enemy".

**JF:** The business you're in is hard on relationships, isn't it?

**RT:** It can be. There's a lot of travel and there's a strange emotional bleed of having a relationship on-screen and then one off-screen. That's a strange thing to do for a job.

## moving forward

**JF:** Let's talk about your new role, playing Trish Walker in the Marvel series *Jessica Jones*.

**RT:** It's about a woman who has been abused who is trying to put her life back together, who is able to find a degree of compassion for herself and what's happened to her. It's gorgeous.

**JF:** Cathartic?

**RT:** I got to play the friend [Trish Walker]. So some of

the stuff I was talking about – about my girlfriends saying, "Why didn't you just leave?" or "I felt so guilty that I didn't try and pull you out of that situation" – I got to enact and play with that. It's lovely to be able to put a complicated female friendship on its legs. There's still a simplistic, patriarchal view of relationships between women. It's like: "Let's go shoe shopping!" Or we're adversaries. I have complicated relationships with my girlfriends. We fall out. We fall back together. Aren't they the most important relationships we have? I'd be nothing without my girlfriends.

**JF:** Are you a feminist?

**RT:** Totally. Unapologetically. How could you not be? The pay gap infuriates me. That's the latest thing that has me in a complete rage. How can we continue to ignore this? It's all connected. Part of the same cycle of thinking that sees women as "less than". It all matters. All those inequalities matter.

**JF:** What are you afraid of?

**RT:** I'm not afraid of much anymore. Except spiders.

**JF:** What is success to you?

**RT:** Well, I only ever wanted to be a working actor ... and I am one. □

*Marvel's Jessica Jones is streaming on Netflix now.*

## FAST 5

**What are you reading?**

Miranda July's *No One Belongs Here More Than You*.

**What do you never travel without?**

SK-II face mask.

**Fave fashion item?**

A Céline purse. That was a moment, buying that!

**Three things you'd take to a desert island?**

Sunscreen. A book. Sneakers – to source food or something.

**Your greatest fear?**

Saying unkind things to myself.



# DREAMING OF A WHITER CHRISTMAS?



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# WHY I JOINED ASHLEY MADISON

(even though I love my husband)

This *extramarital dating* website made headlines for the security hacks that outed millions of *cheating spouses*. But for Betty Andrews, and thousands of other female members, the site allowed her to momentarily *forget about marriage and motherhood* while indulging her *sexual fantasies*

”



**H**ow many real women are actually using Ashley Madison? To be honest, I have no idea. But I can vouch for one. Having been unfaithful to my (handsome, hilarious and very nearly perfect) husband in the past, I was familiar with the buzz of infidelity, and about a year ago, I wanted to get high again. I'd read about the Ashley Madison website in a magazine a year or two earlier, so I looked online to see what the site purported to deliver. As a woman, my registration was free. My interest was immediately piqued.

Sceptical, I provided very little identifying information on my profile. I wanted to hunt without being hunted, and was afraid I'd be found out. By a neighbour. By a friend's husband. The personal details I did eventually include were guarded and vanilla. "Not sure what I am doing on here. I have a wonderful husband but ... I'm in my 30s, enjoy my profession, love my adorable family. I like sports and the outdoors. My favourite book is Ken Kesey's *One Flew Over The Cuckoo's Nest*, my favourite movie is *Steel Magnolias*, and my favourite band is The Grateful Dead."

I surfed the profiles of men I never doubted to be real. I looked for handsome faces, some semblance of professional success, and proper grammar and punctuation. I contacted a few men I found attractive. We exchanged messages and then moved the conversation to our personal email accounts. Only then would I provide my real name and a photo. I continued with vague explanations of my extramarital pursuit, but was clear that my husband was the one for me, with no intention of destroying anything on anyone's home front.

When I finally did feel comfortable to post a (distant and sunglassed) photo

on my profile, I was bombarded with likes and winks and invitations to view private photo galleries. At first, it was kind of fun. So many men! So many men who could potentially be mine! Then it became overwhelming. I liked it better when I was doing the shopping.

Yet there was still something deeply addictive about it.

I finally chatted with someone I found interesting. We'll call him Dave. We had excellent internet chemistry, banter that gave me butterflies – only then did I start to entertain the reality of meeting in person. It took some persuasion on his part. But I felt little bursts of dopamine activate my neurons during our online chats when I should have been working, playing with my son or going to bed on time. As soon as I agreed to meet him at a restaurant halfway between his work and my house, I also resolved that I would meet a total of five men. It was part sociological experiment, part romantic venture and part thrill-seeking foray into this very secret cheaters' life.

**W**hen I was a young girl, I told my dad that when I grew up I wanted to be a doctor or lawyer or pilot and have boyfriends all over the world. "That's called a high-class hooker, my dear," he responded.

I have struggled on and off over the years with relationships and the realities of monogamy. But when I met my now-husband, and we worked through a lot of the baggage I brought into the relationship, I knew, without a doubt, that I wanted to spend the rest of my life with him. Raise children together. Grow old together. In sickness

and in health. So we got married. And I was faithful. For almost a year.

Looking back on my infidelity, I can only describe it as a kind of sensation seeking – the addictive feeling of falling for someone new – and a propensity for self-destruction. Sure, there's the sex. And that part is great, sometimes even amazing. But for me, it's not about a secret kink, an insatiable sexual appetite. It's the novelty of someone else. The intensity. The escape. The possibility. The falling ...

Dave, my first Ashley Madison suitor, was a well-educated man, just a few years my senior. He was cute in a nerdy sort of way, and we developed a quick and witty rapport. I shared things that I seldom discuss with even my closest friends. He reciprocated. We stayed up late chatting online, and he often made me laugh out loud.

He was married to his college sweetheart, and his wife became pregnant with their third child over the course of our friendship. Having had one extramarital relationship with a single woman he met on OkCupid, he'd turned to Ashley Madison in search of chemistry with an already-partnered woman. He told me that he didn't feel like he was getting what he needed from his marriage, wanting more in the way of emotional intimacy. He was also open to more varied sexual experiences.

As soon as I met Dave in person at the restaurant, I knew it wasn't going to happen. The online chemistry didn't translate into real-life chemistry. While I may be up for a challenge, I'm still picky. And when, after a cocktail and some awkward conversation, he said loudly, "So are we gonna fuck?", I definitely knew it wasn't going to happen. ▷

**"For me, it's not about a secret kink. It's the novelty of someone else. The possibility"**





At times, it has enhanced my marriage, inspiring me to go down on my husband, reminding me that my man is as good as it gets. And at other times it has made me question my life path

Next I met with a man who we'll call The Lawyer. His profile pictures were high quality and showcased his many mountain adventures. I'm a sucker for an outdoor alpha male. Doing my pre-meeting detective work, I discovered we shared a mutual Facebook friend. This was both comforting and bizarre. It's a small world after all, but I was hoping to make my world feel bigger, not smaller.

We met for drinks at a bar during work hours. He told me right away that he was interested. I was reticent. Sure, I was attracted to him. But he drank three cocktails to my one (it was still daytime), and he and his wife had an interesting sort of arrangement (I felt he had less to lose than I did). I pushed for more chatting, more get-to-know-you kind of talk. He asked me if he could kiss me, and I blushed and shied away. For a minute. Then I went for a drive with him to a park, and we fooled around in the back of his SUV like teenagers.

The Lawyer and I continued to meet like this for several months, getting hot and heavy, but never actually having sex. I liked him well enough, but when he professed that he was "mildly" in love with me, I broke off the relationship.

The third man I met can be known as The Soldier. His was one of the first profile photos I noticed, and he wasn't immediately responsive to my initial message. He must have a life outside of technology and the pursuit of extra-marital affairs, I thought, and that is downright sexy in this day and age. I later learnt that he was training in the mountains in South America, and he messaged me after a day spent jumping out of planes. We exchanged a few emails and agreed to meet at a local bar.

The Soldier looked smaller and had thinner hair than in his photos.

Nonetheless, I was immediately attracted, drawn to him as if we'd known each other for years. We drank whiskey and discussed the confines of monog-

amy. We exchanged travel stories. I talked passionately about my work, and pressed him for details about his confidential military job. He asked smart questions, and actually listened to the answers. But in a thoughtful, aloof sort of way. He described himself as someone who desired to meet and expand, to discover and to know. He wasn't married, opposed to the institution, in fact, but was with a "fantastic partner", whom he had "no business straying from". This alone connected us.

Despite the genuine chemistry with The Soldier, I met with a fourth man – let's call him Not A Doctor – at his apartment. He was in the process of divorcing his wife, a relationship that, per my prodding, seemed volatile and doomed from the start. He was on Ashley Madison because he wanted to meet women who weren't looking for serious commitment.

He physically came on strong – caressing my thighs, kissing my neck, trying to unbutton my dress. I resisted, and pushed him away. "You like this, don't you," he said, coyly. The physical attention actually made me uncomfortable, but ultimately I conceded that this was all part of the adventure. After we fooled around, I insisted on knowing more about him, about his failed marriage, about the women he'd met on Ashley Madison, about his job in medical sales. As my curfew approached, Not A Doctor walked me – and his dog – to my car. I kissed him on the cheek, knowing we'd never see each other again.

To round out my commitment to meet with five different men, I organised a coffee date with my final Ashley Madison suitor. Let's call him The Out-Of-Towner. I knew immediately, before even approaching the table where he was sitting with his perfectly erect

posture and drinking his coffee black, that I wasn't interested. He had recently relocated to the city for a new job, living apart from his wife and kids in an entirely different state. He was fully committed to staying with his family, but he and his wife were no longer physical in any way. He asked if he could see me again. I declined, attributing my reticence to my lack of clarity about the whole venture. We politely said goodbye to each other. And I still couldn't get The Soldier out of my head.

The Soldier and I have been in some version of a relationship for nearly a year now. At times, it has enhanced my marriage, inspiring me to go down on my husband, reminding me that my man is as good as it gets. And at other times, this relationship totally undermines my marriage, creating resentment over my responsibilities and time constraints, making me question my chosen life path. Technically speaking, The Soldier and I have no future together. He loves his girlfriend and intends to propose marriage. I love my husband and intend to become pregnant with another child.

Despite all of this, there's an addictive quality to my relationship with The Soldier. I crave him, I get my fix, and then I want more. My insatiable appetite, not just for the sex, but for the whole confusing mix of physical and emotional feelings, persists. Maybe it's the escape from real life. The exploration of something new and novel. The thrill of falling for someone else. Ironically, there's also something very isolating about infidelity. There is no-one to talk to about it, to reflect on my actions, to process the big picture. But I just can't give him up. □





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# “The fight of my life”

She's conquered the fashion world, curves and all. But this year, model and new mum Robyn Lawley faced her greatest battle – a harrowing health crisis that's robbed her of her dream of having more children. By Elaine Lipworth

PHOTOGRAPHED BY DAVID GUBERT. HAIR BY BRAD MULLINS FOR O&M. MAKE-UP BY VICTORIA BARON USING MECCA COSMETICA



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Robyn wears dress, \$2218, by Hervé Léger at [Net-a-porter.com](http://Net-a-porter.com); earrings, bracelet and necklace all by Cartier. Opposite page: dress, \$1166, by Balmain at [Stylebop.com](http://Stylebop.com); earrings and necklace both by Cartier.



C

ompletely captivated, Australian model Robyn Lawley is beaming at her 10-month-old daughter Ripley. The baby, all cheeks and wearing just a nappy and singlet, clutches a thick strand of her mother's glossy hair and tugs hard, her face breaking into a huge smile that flashes her first tooth. "You monkey," says Lawley, hugging her little girl. With Ripley's father, Everest Schmidt, a basketball player turned lawyer, plus the family's Boston terrier, Riley, along for the ride, Lawley is tucking into a pizza and tomato salad at Gjusta, a hip cafe in Venice, LA.

"I feel great, I've got my baby and I love looking after her," says Lawley, 26. "Today, I woke up and my partner was cuddling the baby, they were both sleeping, and it was so beautiful to see that."

Laughing and chatting, the model's happiness is palpable and, looking from the outside in, her life appears picture-perfect. There's her career fairytale: at 18, she left behind mother Janne, a food technologist, fireman dad Chris and two sisters in Sydney's western suburbs to model, and made it big internationally, fronting campaigns for Ralph Lauren and Chantelle lingerie. This year, Lawley – 1.88m of size 16 car-crash-inducing curves – was the world's first model above sample size to be cast in *Sports Illustrated's* prestigious swimsuit issue. She has designed her own swimwear line and has a cookbook and blog, *Robyn Lawley Eats*. And her personal life is blissful. But over lunch, the star reveals for the first time that she's recovering from a serious health crisis, which pushed her to the brink of despair and stole her dreams of more children. "To be able to play with my daughter this morning and not be in pain," she says, "was amazing."







Until now, Lawley, looking casually glam dressed in PACT leggings and a tank top, stripped bare of make-up or jewellery, hasn't felt ready to speak about the illness which nearly derailed her life and career at a time when she should have been on top of the world. She's kept smiling, kept working and kept going, but now wants to tell of her "bleak and terrifying" year, a story that starts when she was still in the confusing, wonderful fuzz of first-time motherhood.

A few weeks after giving birth to Ripley on February 26, things started a downward spiral. "I had vision loss, ocular spots, difficulty operating my hands. I felt terrible and I thought I had cancer or MS [multiple sclerosis]," says Lawley. "Everything hurt. It hurt to move. It hurt to walk ... I'd rather go through childbirth 10 times over than the pain I was experiencing. It was nonstop."

With hindsight, Lawley says the signs of trouble were there during pregnancy. She found out she was expecting a baby in June 2014, and while it wasn't

planned, "I was excited because I love my partner, we'd been together for a while and we'd always planned to have a kid or adopt," she recalls. Everything was "fine" until her beloved grandmother died in November, "and from that point on my stress levels escalated", she says. By the end of her pregnancy, "I would be at an airport and I'd feel faint and then I'd collapse or I'd be sick. I thought maybe I was just exhausted."

But after giving birth to Ripley – named after Sigourney Weaver's butt-kicking heroine in the 1979 movie *Alien* – the symptoms became more intense. She lost weight, and "I couldn't relax, I couldn't sleep. I felt like motherhood wasn't meant to be that hard!" says Lawley, who lost control of her right hand. "I'd be trying to change a nappy or cooking, and I'd drop things. It felt like the hand wasn't connected to my brain." But she didn't have time to figure out what was going on; back at work on a photo-shoot five weeks after having Ripley, "I thought the ground was falling beneath me. I was just spinning," she says. ▶

“I thought I had cancer or multiple sclerosis. I'd rather go through childbirth 10 times over than the pain I was experiencing. It was nonstop”

Opposite page: Robyn wears blazer, \$169, by Balmain x H&M; corset, \$2500, by Alex Perry; briefs, \$70, by Nancy Ganz; pearl necklaces by Chanel; panther head necklace and bracelet both by Cartier. Above: Robyn wears pink dress, \$3900, by Maticovski; Ripley wears white skirt, \$850 (for a set), by Miss Maticovski; top her own.



Over an “intense” few weeks, things went further downhill. “I was slowly losing the ability to walk and communicate. I couldn’t talk because my tongue was so swollen – I used to chew it,” says Lawley, whose other symptoms – such as blurry vision and numb fingers – were so severe that she felt she was dying. “I thought I was done,” she says. “I didn’t want Ripley to grow up without a mum.”

An MRI scan showed she had worrying symptoms, which could have indicated MS, but Lawley couldn’t get an appointment with a Los Angeles neurosurgeon for months. Compounding her distress were health insurance issues that would have made treatment in the US prohibitively expensive, so Lawley flew home to Sydney in June and checked in to Sydney’s Westmead Hospital where she spent a week facing a battery of tests: “Two MRIs, a CAT scan, a spinal tap, chest X-rays.” Her neurologist, Dr Neil Mahant, eventually diagnosed her with a rare autoimmune condition called antiphospholipid antibody syndrome, with SLE lupus. “They don’t know the cause of my condition or if it is genetic,” she says, “but basically the cells are attacking themselves.”

In a “heartbreaking” decision, she stopped breastfeeding Ripley, partly because of her medication and also because her supply was so low she had to source supplementary donor milk. “I felt terribly guilty,” says Lawley. “To not be able to feed my own daughter was difficult, but I had to put her wellbeing first.” The upside was that with medication, her symptoms gradually “faded”, says Lawley. While she could be in remission forever, she has a backup plan with doctors and drugs in case she relapses.

Right now, “I feel pretty good”, she says. “But once you get these kind of conditions, they’re for life.” That means she’s ruled out having more children. “I won’t get pregnant again out of pure fear,” she says. “If I had another attack

while I was pregnant, the medicine I would have to take is so hardcore it’d probably cause health problems for the baby. It’s too risky, so I am done.”

Also affected by Lawley’s illness was Schmidt, who had a front row seat to her private hell. Together for nearly five years, they met at a New York bar. “He was tall and handsome, and I just went up to him,” says Lawley. “I

loved him immediately.” That foundation ensured that while she was sick, they worked as a team. “We tried to focus on looking after Ripley and did the best we could. We just wanted me to be me again. He handled it really well. He loves his girls and this has really strengthened our relationship.”

Given that, will they marry? “I find big extravagant weddings a ridiculous waste of

money,” says Lawley. “What is important is we have committed to each other. I don’t need that ring. I’d probably lose it anyway, knowing me.” She laughs, then checks herself. “But ... after what we’ve been through, we are considering it. Our families would love us to get married.”

Speaking of families, she says her upbringing in suburban Sydney gave her the strength to deal with her illness. She started working aged 13 at a cinema, inspired by her clan’s female role models. “We had an amazing strong grandma, Dorothy, and my mum is an environmentalist.” Maybe it’s an inherited thing: Lawley is a formidable role model herself. A vocal campaigner against super-thin models, she says that despite some progress, the fashion world still wants the “youngest, skinniest” girls in their shows. “Women see models who are so thin and then they try to become someone they are not, dieting to the extreme,” she says. Her own health problems, she adds, “make you realise there are much bigger things to be concerned about. Starving yourself shouldn’t be one of them. We should be telling women that they need to eat nutrient-dense, good food and stop counting [kilojoules].”


“I won’t get pregnant again out of pure fear. The medication is so hardcore it’d cause problems for the baby. It’s too risky, so I am done”

Lawley’s other campaign is against the use of the “plus size” label. It didn’t bother her at the start of her career, when she was simply glad to be working, “but now I don’t see the rationale of putting a tag on it”, she says. “If we continue to use that term, we are going to keep segregating a huge number of women.” She remembers that as a teenager, she couldn’t shop in “normal” fashion stores, which had a “disastrous effect” on her self-esteem. “It makes you follow this destructive cycle of body hate – and yet numbers-wise you’re the most common size. It makes no sense.” Her industry dream? “I think we should have every size on the catwalk.”

As for her own famous shape, she keeps fit and healthy with kickboxing, hiking and yoga, but admits a weakness for Nutella and meat pies. “I love my body. It gets me from A to B,” she says. “I still have to work out a lot if I have a shoot coming up. It’s not like I can just eat whatever I want.” She once wanted to be a chef, and now cooking healthy food is one of Lawley’s passions; she makes baby food – pumpkin soup – for Ripley, and “when I cook I go all out. I like making pastry from scratch, and ratatouille and French onion soup.” Having planted lemon trees, lavender and rosemary bushes at the family’s home in Los Angeles’s Topanga Canyon, she also aspires to have her own web series on organic gardening, but will need to find time to squash in her other career dream – turning actress to play a “really strong” role in an action movie: “They need more bad-ass women in Hollywood!”

In the meantime, Lawley – an amateur DJ who misses Tim Tams and clotheslines (“no-one has them in LA ... it blows my mind”) – is back to work, with global assignments stacked up for the year ahead. Still, her priorities are her daughter, family and ongoing health recovery. “Ripley, as you can see, is super easygoing and sweet,” she says, snuggling the wriggling little girl. And of her illness, Lawley has found the silver lining. “Of course, I wish I hadn’t had to go through it, as it put such a strain on everyone. But it happened and we’ve grown and learnt from it. And I’m so happy to feel like me again.” □





**want more?** Visit the official *marie claire* YouTube channel at [youtube.com/user/marieclaireau](https://youtube.com/user/marieclaireau) to watch our behind-the-scenes video with Robyn Lawley.

Robyn wears dress, \$3600, by Maticcevski; necklace, bracelet, and necklace (worn as a bracelet) all by Cartier; earrings by Tiffany & Co. Ripley wears dress, \$1100 (for a set), by Miss Maticcevski.





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\*Consumer study, Consumer test, Specjalistyczne Laboratorium Badawcze, ITA-TEST. Study of 30 women at 42 days 2014.

\*\*Consumer test, Specjalistyczne Laboratorium Badawcze, ITA-TEST. Study of 30 women at 21 days 2014.





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# marie claire world wrap

AUSTRALIA

## JOURNEY OF A THOUSAND STEPS

Sarah Marquis is breaking gender barriers as the first person, let alone woman, to do a solo “survivalist” trek of the Kimberleys. But her real mission? Teaching us to value the environment

**There was a moment around the halfway mark of Sarah Marquis’s epic trek across the Kimberleys in the north of Western Australia, in mid 2015, when everything fell into place.** Searching for water, Marquis put down her map and let her instincts guide her. That afternoon, the 43-year-old stumbled across a bubbling freshwater stream. Resting on the banks, Marquis felt a connection to the environment she had never previously felt before. “I could feel the water,” reveals Marquis. “This is what I wanted [on this trek]. This deep connection to the land.”

It’s that sense of affinity with nature that led Marquis to leave her home in Switzerland with all the conveniences of modern life – “A fridge, a good latte, running water, a bathroom” – and to head to Australia for a solo exploration. Marquis is the first person to walk the rugged landscape alone, finding her food and water from the land, since European settlement and, though she

shies away from the label (“It’s not about firsts,” she demurs), she is one of the most prolific female explorers in a male-dominated field. In the past 23 years, Marquis has walked from Siberia to Australia – a journey that took the better part of three years – as well as across the Andes and through New Zealand. In 2014, *National Geographic* named her an Adventurer Of The Year.

“It’s always more difficult to be a woman explorer,” admits Marquis. For example, trekking solo across Mongolia in 2012, she was chased every day by a tribe of horseman who weren’t fooled by her baggy clothes and masculine disguise. “But I’m really proud to be a woman explorer,” she adds.

Despite the dangers of past expeditions, Marquis says the three-month Kimberleys walk has been her toughest challenge since first lacing up her boots in 1992. A drought left her undernourished (she shed 10kg during the first month), crocodiles were a

### LIVING OFF THE LAND

During her expedition across the isolated Kimberley region in WA, Sarah Marquis sourced “bush tucker” and drinking water.



constant threat and Marquis was pushed to her limits psychologically, spending the journey without any human contact. “It was tough,” she concedes. “But when you understand the landscape, you start to fall in love.”

It’s the importance of learning to love the environment that keeps pulling Marquis back to exploring, a topic that will be the subject of her new book, *Wild By Nature* (available in February).

“Not everybody can do what I do,” she says. “But I can be like a bridge – talking about the environment and experiencing nature for people who can’t. We are the caretakers of our land. It’s simple. We need to take care.” ▷

**MC FACT** On her history-making journey, Sarah Marquis trekked for more than **800** kilometres across the rugged terrain.



## GLOBAL

### SWITCHED ON

December's "Hour Of Code" campaign encourages people to learn computer sciences. So take inspiration from these women who prove girls can get with the program(ming)



**Reshma Saujani**

As the founder of the Girls Who Code boot camps, this former US politician aims to teach one million girls to code by 2020.



**Karlie Kloss**

The supermodel and legendary coder gives 21 girls a month's coding tuition via her Kode With Karlie Scholarship.



**Ally Watson**

This Melbourne-based programmer is the brain behind the Code Like A Girl networking events for Australian women.



**Linda Liukas**

Finnish founder of the Rails Girls coding workshops, Liukas is also the author of *Hello Ruby*, a picture book normalising coding for kids.



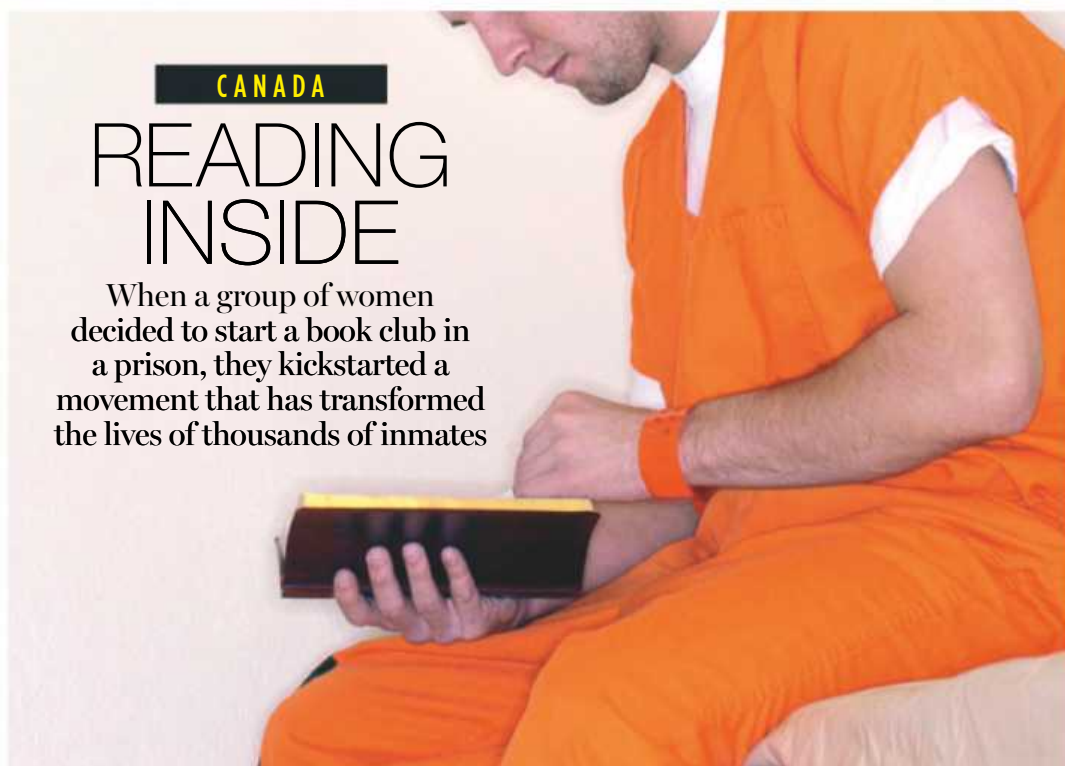
**Pooja Chandrashekar**

In her first year at Harvard she founded ProjectCSGirls, a US-wide competition that has reached 900 schoolgirls.

## CANADA

### READING INSIDE

When a group of women decided to start a book club in a prison, they kickstarted a movement that has transformed the lives of thousands of inmates



*Angela's Ashes; The Curious Incident Of The Dog In The Night-time; the collected works of Jackie Collins and Danielle Steel.* These are just some of the books devoured by thousands of prisoners who have taken part in the innovative Book Clubs For Inmates program, set up in 2009 by Carol Finlay and award-winning journalist Ann Walmsley.

The idea came to Anglican priest Finlay when she was at her holiday house in Kingston, Ontario, in Canada. The area is dotted with prisons, and it struck Finlay – who had set up book clubs for friends – that helping inmates could be as simple as creating a reading group. With discussions that promote resilience, empathy and self-awareness (as well as the added bonus of raising literacy rates), the program has become a key part of successfully integrating convicts back into society.

She enlisted the support of Walmsley as literary advisor, who helped to work out a selection of books that might appeal to

disparate inmates, many who had never finished school. As Walmsley gradually got to know the prisoners, she was struck by their love of reading and inspired to capture the experience in print.

For more than 18 months, Walmsley recorded the monthly meetings and made dozens more visits to interview key members of the book club (such as Frank, a fervent reader who loved *Gulliver's Travels*). This month, Walmsley's records of the time are shared in *The Prison Book Club*. We asked the author to tell us what happens when inmates get together to discuss literature, and what makes the club so special.

#### FACT

Today, there are 22 book clubs in 15 minimum, medium and maximum security prisons across Canada

**MARIE CLAIRE:** What was the first book club like?

**ANN WALMSLEY:** I was pretty frightened. But the 18 men gave us such a warm welcome.

**MC:** How did you feel after?

**AW:** Exhilarated. The men were very committed.

**MC:** What books did they love?

**AW:** *The Guernsey Literary And Potato Peel Pie Society* was a huge hit. It is an epistolary novel [a book in letters], which the guys loved, because letters are their lifeline in prison. They also loved Barack Obama's memoir *Dreams From My Father*. [But] Jackie Collins and Danielle Steel were the most popular books! It's partly the romance, but also the sex.

**MC:** How did it differ from your regular book clubs?

**AW:** The refreshments! In my women's book club, we had wine and cheese plates. In the prison book club, we weren't allowed to have anything homemade because it could have contraband – drugs, weapons – hidden in it.

**MC:** How was it similar?

**AW:** The quality of the comments and insights

#### MC FACT

In 2013, only 16.5% of bachelor-level computer science graduates from Australian universities were women.\*





Journalist Ann Walmsley was "exhilarated" by the response to her prison book clubs.

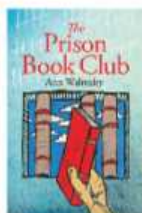
were phenomenally eye-opening. If I had a choice I would rather go to the [prison] book club. Not to diss the ladies – they make amazing statements too – but the [prisoners] have nothing to lose, and they're so candid.

**MC:** What did the men love about the book club?

**AW:** Last week I met up with one of the inmates who is now out. He said that reading the books changed the way he thought about himself. He said, "It made me feel like a smart, disciplined person."

**MC:** What effect did it have?

**AW:** The men told me that it encouraged communication among the inmates – they'd talk about the book ahead of time. The reading habit becomes addictive and now these men were addicted to books instead of gangs and crime! Carol and I high-fived when we heard that.



*The Prison Book Club* by Ann Walmsley (Bloomsbury, \$29.99) is on sale now.



GLOBAL

## MUSICAL THERAPY

This initiative is why you should have a Plus One at the next Laneway Festival

**Australia's St Jerome's Laneway Festival is renowned for many things.**

Think cool, alternative artists (next year's line-up includes Flume, Grimes and cult Brit trio Chvrches), intimate venues and a festival experience second to none. But 2016's event – starting in Adelaide on February 5 before a national tour finishing in Fremantle on February 14 – will add another element to that reputation: giving at least tens of thousands to charity.

For the first time, the festival is teaming up with Plus One, an initiative that pairs touring artists with social causes. Launched by Marika Anthony-Shaw – a member of Canadian band Arcade Fire – with two other co-founders,

Plus One enables festivals and artists to donate a dollar for every ticket sold to a charity of the festival's choice. The idea has caught on, with St. Vincent and Sufjan Stevens signing themselves up as Plus One ambassadors. The organisation has raised more than \$2 million since its launch, at 200-plus shows in 22 countries.

"By doing what [we] do best – every night playing shows – Plus One allows artists to contribute tangibly to what they believe in," explains Anthony-Shaw.

Laneway's charities of choice are the Yiriman Project, an initiative connecting Aboriginal youth with their heritage and culture in remote Western Australia, and Oxfam's Syrian refugee crisis aid. Globally, Anthony-Shaw wants every concert to be a Plus One event – "The top 100 tours worldwide sold 51 million tickets in 2014!" she says.

As she points out, "Tiny, seemingly insignificant actions" – such as a great weekend at a music festival – "do add up to have a tremendous impact."

*Tickets available at [lanewayfestival.com](http://lanewayfestival.com).*

## BURKINA FASO

### BIG SHOT

For women in the developing world, birth control is often unavailable or expensive, not to mention socially unacceptable. The result: an estimated 220 million women and girls lack access to contraceptives. To reach those in need, pharmaceutical giant Pfizer teamed up with PATH, a global health non-profit based in Seattle in the US, to develop Sayana Press.

This birth control shot lasts three months and

comes in a prefilled, disposable, single-use syringe-like device called Uniject. It's discreet, for women who may need to hide it, and easily transportable. "We want to help women get broader access to family planning and make it as easy as possible for health workers [to get it to them]," explains project director Sara Tift.

Last year, Sayana Press was piloted in Africa's Burkina Faso, bringing birth control to places where women must cross rivers



and walk vast distances to reach a health clinic. The program has been such a success it is being rolled out in another 69 countries.

"The ability to get pregnant is universal," says Tift. And now, increasingly, the ability to prevent pregnancy will be too. □



# AGENDA

OUR PICK OF THIS MONTH'S MUST-HAVES



## LET'S CELEBRATE

Inspired by femininity and beauty, Yellowglen Peacock Lane by Samantha Wills, \$22.99, captures the effervescent spirit of celebration. Visit [yellowglen.com](http://yellowglen.com)



## TAKE ON THE CITY

The chic and stylish Mazda2 offers energetic performance, advanced safety features and all the connectivity you can imagine. Fun has never looked so good. Now available in both hatch and sedan. Visit [Mazda2.com.au](http://Mazda2.com.au)

## SEXY DRAMA

From the producers of *Puberty Blues* and *Offspring*, comes *The Beautiful Lie* – a six-part series that is a modern re-imagining of Tolstoy's epic novel *Anna Karenina*. It's available at ABC Shops for \$29.99.



## BESPOKE STYLE

Get the latest designer sunglasses from OPSM and make them 100% yours, with its range of lens options fitted to your prescription.



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## CLEVER MULTITASKER

Brush the Dafni Hair Straightener through your strands for straight, smooth hair in minutes! Available in-store and online at Shaver Shop. Visit [shavershop.com.au](http://shavershop.com.au)



## SOMETHING FOR HIM

Infused with spearmint oil and exfoliating fruit seeds, new Palmolive Men Deep Clean delivers all-day freshness.

## SENSITIVE TOUCH

Avène's new Skin Recovery Cream is a daily moisturiser for hypersensitive and intolerant skin. The clever cream, \$39.95 for 50ml, soothes and protects while calming redness.



## OUTFIT INVESTMENT

The FabricSmart™ 8kg top loader from Fisher & Paykel delivers superior wash results, with 12 speciality cycles and a SmartTouch™ control dial for easy use. The stylish FabricSmart™ 8kg Top Loader (WA8060PI), retails for \$1199.



SUMMER  
SPECIAL

EDITED BY HANNAH-ROSE YEE

# @play

## GIRL OF THE MOMENT

When the new *Star Wars* movie opens this month all eyes will be on its lead: Daisy Ridley. Luckily, the force is definitely with this one



Daisy Ridley has a great smile. Honestly – she’s got a grin that rates somewhere around Julia Roberts on the wattage scale.

It is only fitting because this 23-year-old from West London has a lot to smile about. The actress was plucked from obscurity to play the lead role – Rey, an enigmatic, and, in Ridley’s words, “kick-arse” scavenger – in the latest instalment of the *Star Wars* juggernaut. As the only unknown in the cast, Ridley more than holds her own among her seasoned co-stars (think Lupita Nyong’o, Oscar Isaac, Adam Driver and, yes, Harrison Ford).

Ridley confesses she was never a “huge” fan of the original trilogy, but felt compelled to audition in 2013. “It was a very weird feeling,” she recalls. “Something was definitely pushing me forward.” Landing the lead role has been a steep learning curve for her. With only a few small television roles to her name, Ridley learnt the Hollywood ropes on set in Abu Dhabi, Iceland and London, picked up some martial arts skills – “There’s one very cool fight,” she teases – and shot scenes with icons like Ford and Carrie Fisher.

Next year, Ridley will be back on set in London for *Episode VIII*, so now is the calm before the storm. “I would not wish I was anywhere else right now than waiting for the film to come out, like everyone else.” ▸



**WATCH IT!**  
*Star Wars*  
*Episode VII:*  
*The Force*  
*Awakens*  
is out on  
December 17.





## GIRLS ON FILM

To date, only 13 female-led films have won the Oscar for Best Picture, and last year every movie nominated for the top prize was about a man. But, with a spate of films led by strong ladies hitting screens this summer, is this the year that women bring it home?



**TRUTH** (Out now)

**Who:** Cate Blanchett, Elisabeth Moss  
**Herstory:** A fiery news producer tries to uncover the US president's lies.  
**USP:** It's based on the scandal that followed CBS anchor Dan Rather's 2004 report on George W Bush.



**ROOM** (January 28)

**Who:** Brie Larson, Joan Allen  
**Herstory:** A woman imprisoned with her son in a garden shed for five years dreams of escaping.  
**USP:** It's based on a blockbuster novel by Emma Donohue.



**JOY** (December 26)

**Who:** Jennifer Lawrence  
**Herstory:** A biopic of home shopping network doyenne Joy Mangano.  
**USP:** JLaw teams up with director David O Russell for a third round.



**CAROL** (January 14)

**Who:** Cate Blanchett, Rooney Mara  
**Herstory:** A naive shopgirl is drawn into a passionate love affair with an older, distinguished society dame.  
**USP:** The notoriously fickle Cannes audience gave it a standing ovation.




**SUFFRAGETTE** (December 26)

**Who:** Carey Mulligan, Helena Bonham Carter, Meryl Streep  
**Herstory:** A powerful drama about Britain's early feminist movement.  
**USP:** A-list cast? Tick. Plus, the film was made by an all-female crew.



**BROOKLYN** (February 11)

**Who:** Saoirse Ronan, Julie Walters  
**Herstory:** A young Irish woman lands in 1950s America, becoming caught between two worlds.  
**USP:** 2007 Oscar-nominee Ronan proves she's no one-trick pony.



## What's a guy gotta do to get an Oscar?

*This summer, actors are going above and beyond to catch their little gold man. Go, son!*

### DON AN INFAMOUS TURTLENECK

**Real talk:** Michael Fassbender's transformation for *Steve Jobs* is hardly taxing. The film takes a laissez-faire approach to biopic cinema. But things start to get eerie the minute Fassbender shrugs on that black turtleneck, those blue jeans and a pair of box-fresh sneakers.

**Out February 4**

### WEAR A BAD WIG

Not the biggest ask in the history of cinema, but still. There are truly heinous toupees aplenty in *The Big Short*, from Ryan Gosling's oil-slick Brooklyn-boy 'do to Steve Carell (pictured) and Brad Pitt's side-swept monstrosities. If a man can act through that, surely he deserves an award.

**Out January 21**

### GROW A BIG BEARD

Leonardo DiCaprio wants that Oscar so bad that in *The Revenant*, he grew the kind of beard usually preserved for the Neanderthal exhibit at a natural history museum. Let's just hope he rediscovers the razor before the ceremony on February 28.

**Out January 7**

### BECOME A WOMAN

As transgender pioneer Lili Elbe in *The Danish Girl*, Eddie Redmayne spent hours in the make-up chair having his face sculpted, his mouth reshaped and his russet hair tucked into a shingled wig.

**Out January 28**

Get outdoors!

Summer just wouldn't be summer without the *Moonlight Cinema*. There'll be the usual mix of *hot-topic films* (Steve Jobs and the Point Break remake are both screening) and *must-see classics* (Dirty Dancing, anyone?). Get your tickets at [moonlight.com.au](http://moonlight.com.au).



LOVE WATCHING STRONG WOMEN ON-SCREEN? US TOO. IN THE COMING MONTHS, MARIE CLAIRE WILL HOST SCREENINGS OF SUFFRAGETTE, CAROL AND BROOKLYN AROUND AUSTRALIA. TURN TO PAGE 212 TO FIND OUT HOW TO RESERVE YOUR SEATS.



# Squad goals



**Russell Crowe**  
Finally! Crowe can reprise one of the many hits from his band 30 Odd Foot Of Grunts.



**Tkay Maidza**  
19-year-old Adelaide-based rapper Tkay and Tay Tay ... It has a certain ring to it.



**Malcolm Turnbull**  
Our new PM won't pass up the chance to prove that he's down with the kids.



**Hugh Jackman**  
All-singing, all-dancing *and* he looks good in sequins. Perfect Swifty-concert material.



**Miranda Kerr**  
Taylor never met a supermodel she didn't like.

**On the American leg of alpha female Taylor Swift's "1989" tour she was joined onstage by everyone and their mother – literally, everyone\* – which begs the question: who will clamber onto the hallowed arena runway on her Australian tour? Here are our predictions**

\* JULIA ROBERTS, JUSTIN TIMBERLAKE, LENA DUNHAM, CARA DELEVINGNE, LORDE, MICK JAGGER, SELENA GOMEZ, GIGI HADID, ELLEN DEGENERES, ALANIS MORISSETTE, ANDREJA PEJIĆ, HEIDI KLUM, MARISKA HARGITAY, KENDALL JENNER, KEITH URBAN, AND THE AMERICAN WOMEN'S SOCCER TEAM

## WHAT WE'RE LISTENING TO

Adele's back with a brand-new album ... And it's going to be the soundtrack to your summer



Here's what you need to know about Adele's super-secret, super-surprising third album. It's the follow-up to the smash-hit, award-winning, mega-popular *19* and *21* (the latter was the highest selling album of 2011 and 2012). It's called *25*. It's neither a break-up record nor a "drown your tears in whiskey" record. "I would call it a make-up record," Adele has said. "I'm making up with myself. Making up for lost time." The first single "Hello", a rousing, heart-

lifting ballad of epic proportions, broke Vevo's record for the most viewed video clip in 24 hours (racking up 27.7 million views in its first day). Frequent collaborators Ryan Tedder (who co-wrote your bad girl anthem "Rumour Has It") and Paul Epworth, who was the man behind Adele's Oscar-winning "Skyfall", are back on board. And here's one more thing we know about it: you won't be able to escape it this summer. ▶  
*Adele's 25 is out now.*



## YOUR SUMMER OF ART

One of the great things about art galleries? They're air-conditioned. So take in a cracker of an exhibition when the beach gets too crowded

### Old school

Let's start with *The Greats*, a showcase of some serious artistic heavy-hitters (we're talking Monet and Vermeer) on loan from Scotland to the [Art Gallery of New South Wales](#), on display now. Then, from December 4, take a road trip to [Canberra's National Gallery of Australia](#) to see the collected works of Tom Roberts, one of our most beloved painters (*Shearing The Rams*, anyone?). This one is perfect for a family outing: nannas love Tom Roberts.

### New school

Multi-disciplinary, cross-dressing British artist Grayson Perry takes over Sydney's [Museum of Contemporary Art](#) from December 10, filling it with his cheeky tapestries and sculptures. Then, on December 11, a presentation of Chinese modernist Ai Weiwei's work, some pieces commissioned especially for this exhibition, will be mounted alongside pop art trailblazer Andy Warhol at the [National Gallery of Victoria](#). Art lovers will be in raptures.



## Battle of the superheroines

Two kick-ass women, two must-watch shows. How do they stack up?



### SUPERGIRL

### TV SHOW

### JESSICA JONES

Kara Zor-El (*Glee*-alumna Melissa Benoist). And yes, she's Superman's cousin.

### SUPER HEROINE

Jessica Jones (Krysten Ritter), a woman who has turned her back on her superhero career.

Fly, hide behind geeky glasses – everything Superman can do.

### SUPER POWER

Superhuman strength.

Kara Danvers. By day, she works as an assistant at a media company (how Clark Kent of her).

### SUPER SECRET IDENTITY

Not a very good one. She works as a private detective in a big scarf and goes by the name of ... Jessica Jones. How mysterious.

Move over Wonder Woman! From the skater skirt to the red cape, this is ultra-retro superheroism at its best.

### SUPER COSTUME

In the comics, Jones fights crime in an impractical strapless jumpsuit. No word yet on the new incarnation's get-up.

There are bad guys galore, from supervillains like Red Tornado to the ever-present Feds. Looks like Danvers will have her hands full.

### SUPER NEMESIS

David Tennant is terrifying as Zebediah Killgrave, Jones's arch nemesis who spent months torturing her through mind control.

Foster-sister Alex Danvers, who works with the Feds to protect Earth from superheroes. Awkward.

### SUPER BFF

Trish Walker (Rachael Taylor), a radio host and Jones's confidante.

James Olsen (Mehcad Brooks). Only hitch? His ex-girlfriend is Lois Lane's sister (boy, this super world is small).

### SUPER BOYFRIEND

Hard-living hottie Luke Cage (Mike Colter – you may remember him as Lemond Bishop in *The Good Wife*).

On FOX8 from December 6

### WATCH IT

Streaming now on Netflix

## PRESS PLAY

Kate Spade's new book has a hot entertaining tip: "steal" film soundtracks for a party-perfect playlist



"Think of your party like a film. There's a plot (your theme), a cast of characters (your guest list) ... and twists in the storyline. What's your soundtrack?"  
**Buena Vista Social Club:** High-energy and authentically hip Cuban music.  
**The Big Chill:** Soulful 1960s Motown at its best.

**Pulp Fiction:** A goldmine of random, long-lost gems.  
**Lost In Translation:** Airy, moody background music with Euro flair.  
**Pretty In Pink:** The most romantic new wave mashup ever, complete with New Order and The Smiths."  
*Edited extract from All In Good Taste (Abrams, \$35) by Kate Spade New York, out now. ▶*



*Like a log.  
Like a baby.  
Like a  
Forty Winks  
customer.*



Wake Up Wonderful

Forty  
Winks



SARAH  
SNOOK

RODGER  
CORSER

BENEDICT  
SAMUEL

SOPHIE  
LOWE

# THE BEAUTIFUL LIE

From the makers of  
*Offspring & Puberty Blues*

'The sexiest TV series of the year'

- *The Daily Telegraph*

'Everyone's raving...it's compulsive viewing'

- *Mamamia*

'Will be rewatched and discussed  
for years to come' - *SMH*

NEW  
ON DVD  
BLU-RAY



@play

SUMMER  
SPECIAL



## Spotlight on: Gigi Hadid

We caught up with the face of Guess –  
and the model of the moment – who  
has an important message for her fans

**MARIE CLAIRE:** Your first modelling job was for Baby Guess. What do you remember about it?

**GIGI HADID:** I had a lot of fun. I made friends on set and we played games and they gave us toys and we ran around on the beach. I only have good memories.

**MC:** Eighteen years later and you're the face of the brand again. How does that feel?

**GH:** It's amazing. I love the brand and I've worked with a lot of the people since I was two. It feels like family.

**MC:** What role does social media play in your career?

**GH:** It's a cool way for [me and my model friends] to connect with fans and be a brand ambassador on a different level [to] just being the literal face of it on a piece of paper.

**MC:** Is there anything you wouldn't put on Instagram?

**GH:** I try to share as much as I can. [But] you always have to remember that once it's out there, it's out there.

**MC:** You've said that you want to show your generation that strong female friendships are important. Why?

**GH:** I think it's a sign of our generation [that] we are all genuinely friends. We work together on things that we share publicly, like music videos. But then also behind closed doors we are always calling each other, sending texts, like I love this shoot ... or that speech was amazing. We are all really supportive. That's what we want to be known for. I hope that we're remembered for being a strong group of friends and supporting each other. [I hope] we've inspired [fans] to be strong like us. □





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10. Corner Stripe Beach Towel in Black/Smoke, \$69.95.
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 Bookend in Gold/Pink, \$79.95 each.  
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 Paddles in Avalon, \$34.95. 11. Inflatable  
 Watermelon, \$79.95.

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## FOR THE UBER MOD

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Horoscope special

*Love, lust, & life lessons: Yasmin Boland reveals what the next 12 months have in store for you*

ILLUSTRATIONS BY ANN DO



*Your  
stars*  
for 2016



# Aries

*As you probably already know, you're the firecracker of the zodiac. You speed through life taking no prisoners. Watch out world, here you come.*

## ALL ABOUT YOU

**The good, the bad and the Aries:** You love coming first and have a very healthy sense of competition. However, you need to make sure you don't allow that to spill over into plain selfishness.

**Try this, for the good of your soul:** Stand in a doorway in a shopping centre and let people go through before you, saying "After you!"

**In matters of love and lust:** Aries folk are quick to fall in love. Ruled by the sex planet Mars, they're usually pretty hot to trot once they've found you, too ...



March 21 - April 20

## 2016 OVERVIEW

You have amazing love stars this year. So whether you're single and looking or already attached, pay attention to what's going on romantically. Do things right and 2016 could be one of your best years for love in the past 10 years. If you're single and not looking, you can still expect brilliant times – both personally and professionally.

**The best time of the year for you to change your life** is the end of March. Decide what you want beforehand and set your intentions.

**When it comes to love in 2016:** An optimistic attitude to the important people in your life will be key to relationship success this year, including when dealing with important people in your working life.

**You also need to know that:** Mid-July brings you a brilliant chance to start over again when it comes to matters domestic and familial, including if you want to move house (or town or country). Lay down plans or take action. Ditto if you want to make up with a family member you've fallen out with.

### AFFIRMATION:

The more I enjoy my work, the more successful I become.



### HOW TO WOO AN ARIES:

Take them bungee jumping.

### CELEBRITY ARIES



Emma Watson



Kristen Stewart



Elle Macpherson

### POWER DATES

March 17, March 23, June 26, September 9, December 27.

## ALL ABOUT YOU

**The good, the bad and the Taurean:** On one hand, you're great at going after what you want. On the other, you can be stubborn if not getting your own way.

**Try this, for the good of your soul:** Volunteer locally and help someone less fortunate than yourself.

**In matters of love and lust:** Taureans are a sensual sign – very touchy, feely. And their gourmand nature extends to the boudoir. If someone asks to lick cream off your stomach, chances are they're Taurean.

### POWER DATES

February 6, April 12, June 30, September 24, December 25.

**AFFIRMATION:** I deserve to have a good time – so here I go!



### HOW TO WOO A TAURUS:

Make him/her feel secure. (They often have trust issues.) Indulge their senses.

### CELEBRITY TAUREANS



Adele



Gigi Hadid



Tina Fey

## 2016 OVERVIEW

Breathe a sigh of relief because 2016 is going to be way easier than the years 2012 to 2015 were. Life is going to be lighter and more enjoyable, especially since you have fun planet Jupiter in your fifth house. All in all, it's time for you to remember what it means to let your hair down, have a lot of proper belly laughs and overall enjoy yourself. The old you is back.

**The best time of the year for you to change your life** is June. Work out issues with your partner, ex or with anyone else you consider a VIP. Don't argue. Deal with stuff.

### When it comes to love in 2016:

From January to September you have great stars for flirting. The more fun you have, the more attractive you'll be to others. If you have argumentative tendencies, play nice and notice how much sweeter life is when you don't provoke.

**You also need to know that:** One of your main life lessons this year is going to be about money. The more you fear it, the less you'll have of it.

April 21 - May 20

# Taurus

*You're ruled by the love, luxury and pleasure planet Venus and one of your main missions in life is to enjoy yourself.*





# Gemini

May 21 - June 21

*You're the quicksilver of the zodiac – able to have three conversations at once, while hatching ideas and reading a book at the same time.*

## ALL ABOUT YOU

### The good, the bad and the Gemini:

You're mentally agile and can flit about socially, but avoid letting yourself become superficial. Superficial? Yes, you!

**Try this, for the good of your soul:** Sitting on some gossip – not telling a soul.

**In matters of love and lust:** Geminis need mental stimulation as much as they need anything else stimulated. Their brain is an erogenous zone.



## 2016 OVERVIEW

The big headline for you is that you have serious Saturn in your opposite sign throughout 2016. This affects your whole life. You have to work harder and longer than you have done in ages. Your lover or ex could be rather more demanding than usual. Lots of very important life lessons will be coming your way from your relationships this year. Pay attention!

**The best time of the year for you to change your life** is the end of December. Your hard work will be paying off and you should feel a real sense of getting somewhere at last.

**When it comes to love in 2016:** This year starts well but overall could be challenging relationship-wise. You and your partner can make it, but there are obstacles to get around. Every issue that comes up with your lover or ex has a lesson to teach you.

**You also need to know that:** The way to success this year is through consistent applied effort. However, you also need to look after yourself, so schedule in time for you; make the most of weekends and treat yourself to the odd spa day, or a massage swap with your partner or a friend.

### AFFIRMATION:

The harder  
I work now,  
the happier  
I will be later.



### HOW TO WOO A GEMINI:

Read a novel or poetry to them and and write love notes.

### CELEBRITY GEMINIS



Kate Upton



Angelina Jolie



Amy Schumer

### POWER DATES

March 25, June 18, August 13,  
September 10, December 25.

# Horoscope special

## ALL ABOUT YOU

**The good, the bad and the Cancerian:** And did someone say moody? Yes you are. You're ruled by the moon which changes its mood very regularly and, frankly, so do you.

**Try this, for the good of your soul:** Giving your loved ones the freedom to make their own decisions.

**In matters of love and lust:** Cancerians are all about their breasts and nipples. Male and female Cancerians alike. Use this information wisely.

### POWER DATES

March 17, April 18, June 26,  
September 27, December 27.

### AFFIRMATION:

Life is on the  
up and up!



### HOW TO WOO A CANCER:

Tell them how much you adore them and then tell them again, every hour on the hour, preferably.

### CELEBRITY CANCERIAN



Selena Gomez



Margot Robbie



Meryl Streep

## 2016 OVERVIEW

There are some amazing Plutonian energies in your chart which can revolutionise your love life and career this year. You have the gift of thinking positively in 2016 and that can be life-changing in a very good way. You're moving into happier times.

**The best times of the year for you to change your life** are mid-March and the end of June. You can transform your relationships in your personal life and professionally, too. Think about what you want, and how you want your life to look by the end of the year. Visualise it, regularly.

### When it comes to love in 2016:

Your partner or ex can breathe a sigh of relief. You'll be way easier to deal with this year than you have been for years. If you're single and looking for love, the path is clearer.

**You also need to know that:** Make yourself a promise at the start of November to stay calm. Meditate, do yoga or anything it takes so that you have a measured response to whatever is going on. Keep the end of year as a season of goodwill! ▶



# Cancer

June 22 - July 22

*Did someone say homebody? Yes, you love evenings at home with family. But you're also one of the most dynamic signs of all!*



# Leo

July 23 - August 29

*You're one of the true stars of the zodiac and you know it. The rest of us revolve around you like the planets revolve around your ruler, the sun.*

## ALL ABOUT YOU

### The good, the bad and the

**Leo:** Not wanting to criticise you, Leo, but you have been known to be a tad too proud of yourself at times.

**Try this, for the good of your soul:** Next time you're doing a presentation at work, encourage a more timid colleague to take centre stage.

### In matters of love and lust:

Leos do not so much fall in love as acquiesce to the idea of you being allowed to honour and adore them. (Only half-joking ...)

## 2016 OVERVIEW

Eclipse energy in your chart means 2016 is potentially going to be big. There are changes afoot in your personal and/or professional liaisons. This is nothing to worry about – unless you've been clinging on to someone for too long, even though you know you've outgrown the relationship.

### The best time of the year to change your

**life** is the full moon on August 18. Use that time to work out who and what you no longer want. If you don't find it too odd, ask the Archangel Michael (who has a mighty sword) to cut your cords to that person or situation. Use August to move on.

**When it comes to love in 2016:** This is the year to throw your emotional baggage overboard. Don't hang on to the past. Just. Move. On. That doesn't mean you have to leave your partner, it means let bygones be bygones – with everyone!

**You also need to know that:** Fun-buster Saturn in your fun zone all year may make you feel guilty if you bunk off and have a good time. Don't fall for it. You're allowed to have fun in 2016, as you always are.

### POWER DATES

January 6, February 17, July 7, August 18, October 7.



## ALL ABOUT YOU

**The good, the bad and the Virgo:** Some people call you overly critical. We're going to call you hyper-observant.

**Try this, for the good of your soul:** When you see dust on a mantelpiece resist the urge to run your finger over it. Don't do it!

### In matters of love and lust:

Virgos love to serve; that includes making their partner happy in bed. They're also as loyal as the day is long. Win/win.

## 2016 OVERVIEW

A potentially very lucky year. You have the planet of expansion, fun and adventure, aka Jupiter, in your sign from January to September. This widens your options and makes it easier for you to stop being so hard on yourself and start having more fun. Think of life as a game this year – that attitude will be life-changing.

### The best time of the year for you

**to change your life** is in September when lucky Jupiter leaves your sign and moves into your self-esteem zone. That will help you to believe in yourself. You're good at running around and making sure everyone else is OK. But from September, you have a 12-month opportunity to love yourself more.

### When it comes to love in 2016:

You're lucky in life for most of 2016, and that also means being lucky in love. Of all the signs you're arguably the one most likely to already be with, or be ready to meet, a true soulmate to share your life with.

**You also need to know that:** This year brings you a chance to make a solid and secure home for yourself. Make long-term plans connected to home and family. Be mature when dealing with recalcitrant family members and/or flatmates.

### POWER DATES

March 17, March 23, June 18, September 10, November 20.

### AFFIRMATION:

I know that I am blessed.



### HOW TO WOO A VIRGO:

Shower a lot; serve clean-eating-style food.

### CELEBRITY VIRGOS



Beyoncé



Michelle Williams



Cameron Diaz

### AFFIRMATION:

I believe in me!



### HOW TO WOO A LEO:

Treat him or her like a king or queen. That is all.

### CELEBRITY LEOS



Mila Kunis



Cara Delevingne



Jennifer Lawrence

# Virgo

August 23 - September 22

*You're honest, true, hard-working and modest. You're a gem to have around the office and you're also wonderful at home.*





# Libra

*You're all about love and romance. You find out about life through your friends and family. And you love a harmonious life.*

## ALL ABOUT YOU

**The good, the bad and the**

**Libra:** It's not that you can't make up your mind, it's just that you're smart enough to weigh everything up ...

**Try this, for the good of your soul:** For one whole day, make all your (minor!) decisions based on what the oracle here says:

facade.com/yesno.

**In matters of love and**

**lust:** Libras live to love.

They were born with the urge to merge. Yet, they can be fickle. Make the

most of them while you can!

## 2016 OVERVIEW

There is a full moon eclipse in your sign in March so it's time for you to turn a corner.

For some, an amazing new life cycle begins. It's also a great year for you to change the way other people see you. That includes your appearance, but it could also be about how you come across. What kind of image do you want to project?

**The best time of the year for you to**

**change your life** is September when lucky Jupiter arrives in your sign. The universe is well and truly back on your side. Hopefully you can see how life has been getting better and better these past few years.

**When it comes to love in 2016:** Chaotic Uranus in your love zone means your relationships are still going to be electric, subject to change and hopefully exciting in a good way. One of your missions this year is to focus on yourself as much as you focus on being in love/finding love.

**You also need to know that:** It will be easy to coast along in 2016 with the idea that everything will be fine. And it probably will be. But you do still have to make a big effort to achieve your goals.

## POWER DATES

February 6, July 29, September 9, December 25, December 29.



## AFFIRMATION:

I am a wonderful work in progress!



## HOW TO WOO A LIBRA:

Look good, speak nicely and they'll be putty in your hands.

## CELEBRITY LIBRAS



Candice Swanepoel



Dakota Johnson



Kim Kardashian

# Horoscope special

## POWER DATES

March 16, April 18, June 30, November 24, December 2.

## AFFIRMATION:

That was then, this is now. Let's party!



## HOW TO WOO A SCORPIO:

You don't woo a Scorpio. A Scorpio woos you.

## CELEBRITY SCORPIOS



Emma Stone



Lorde



Gemma Ward

## ALL ABOUT YOU

**The good, the bad and the**

**Scorpio:** You can hold a grudge longer than any other sign, but you know what, life really is too short. Get over it!

**Try this, for the good of your**

**soul:** Call someone you have fallen out with and say sorry. Do it.

**In matters of love and lust:**

Scorpios love passionately, and will take you to emotional places you have never been before.

## 2016 OVERVIEW

This year finds you in a sociable cycle – you're arguably the most popular sign of the zodiac. Work on your self-esteem: get that right and the rest of your life will benefit. It's up to you to believe that life can be magical – and then it will be. It's related to having powerful Pluto in your mind zone. Your thoughts are extra powerful.

**The best time of the year for you to change your life** is now. You need to slough off the past. Your life has

changed so dramatically in the past few years and it's important to make sure you're moving with the times. You should have much less to worry about and much more to celebrate.

**When it comes to love in 2016:** You have the right stars to have a heavenly time romantically this year. If you've been hurt in the past, healing minor planet Chiron is on hand to help you work through emotional damage. Talking things through (not necessarily with the person who hurt you!) is highly recommended under this transit.

**You also need to know that:** This year brings you a chance to really start to believe in yourself and what you can offer. Use it to blast away any self-doubt. Work with a mentor, coach or counsellor if that's what it takes. ▶

October 23 - November 21  
**Scorpio**

*You're strong and often quite silent compared to others – deep and profound. You also have the reputation of being very sexy.*





# Sagittarius

*You're the adventurer of the zodiac – the sign that longs for travel, loves to voice their opinion and show the rest of us how to enjoy life!*

## ALL ABOUT YOU

**The good, the bad and the Sagittarian:** Some people

accuse you of pontificating ... and sometimes those people are right!

**Try this, for the good of your soul:** Go to a talk or debate about a subject you're passionate about – and don't say a word.

**In matters of love and lust:** Sagittarians are notoriously hard to pin down. It's a problem!



## 2016 OVERVIEW

Let's get right to the point. Throughout 2016 you have the least-fun planet, Saturn, in your sign. It might dull your *joie de vivre* a little, but actually that is no bad thing. Many a Sadge has spent the best part of their life flying by the seat of their pants. Your natural optimism gets you far, there is no denying it. However, every now and then you need a wake-up call that reminds you to take life seriously when it comes to creating what you want for yourself. A little planning and foresight really won't go astray.

**The best time of the year for you to change your life** is March. Look at where you're being too lackadaisical and need to try harder. Lesson learnt.

**When it comes to love in 2016:** Love? You're more likely to be in love with your career this year and that's fine. The harder you work, the more it's going to reward you.

**You also need to know that:** You are blessed. Even though you have tedious Saturn in your sign making you work like a dog, you also have fun planet Jupiter in your career zone for much of 2016, therefore you can actually enjoy your work – demanding as it may be.

### AFFIRMATION:

I know what I want and I know where I'm going.



### HOW TO WOO A SAGITTARIUS:

Make them laugh. Promise them adventure.

### CELEBRITY SAGITTARIANS



Taylor Swift



Julianne Moore



Scarlett Johansson

### POWER DATES

March 23, May 26, June 18, September 10, December 25.

## ALL ABOUT YOU

**The good, the bad and the Capricorn:** You are quite tough,

and sometimes upset people with your "call a spade a bloody shovel" approach.

**Try this, for the good of your soul:** For the next week, greet friends with a kiss and a hug.

**In matters of love and lust:**

Capricorns are often a slow-burn, but once they're into you they stop with the game-playing and can be yours for life.

## 2016 OVERVIEW

The most pertinent astro fact is that you still have the planet of power, aka Pluto, in your sign. So 2016 is about more intensity, more opportunities to turn your life around and more chances to reinvent yourself.

**The best time of the year for you to change your life** is the

first half of 2016. There are some amazing planetary energies around then, peaking first in March and then in June. The sky is the limit for you now. Forget any negativity people have put your way and continue to seek to make your dreams real.

**When it comes to love in 2016:**

If you want to be happy in love this year, control your temper. If you fly off the handle too often, it's damaging to your relationships (this includes professional ones).

**You also need to know that:** The one thing that can get in your way now, apart from your propensity to lose your cool, is a temptation to try and control other people. They don't like it and it won't work anyway. Give it up.

### POWER DATES

March 16, April 18, June 30, October 5, December 25.

### AFFIRMATION:

I reinvent myself every day.



### HOW TO WOO A CAPRICORN:

Take them to a museum. Talk long-term, as soon as you're past the second date. Be serious.

### CELEBRITY CAPRICORNS



Sienna Miller



Kate Middleton



Ellie Goulding

# Capricorn

*You're arguably the most ambitious sign of the zodiac. You go far because you're a planner and you face facts.*





# Aquarius

*You guys are weird, but in a really good way. You see the world through zany eyes. That's why we love you.*

## ALL ABOUT YOU

**The good, the bad and the Aquarian:** At times it seems like you're all about world peace and helping the masses, but you're less good at dealing with us humans on a one-to-one basis.

**Try this, for the good of your soul:** Make your next few nights out with friends to be one-on-ones.

**In matters of love and lust:** Aquarians are free-spirited; they want to spread their wings, so give them some space! Sexually, they're up for trying new things.



## 2016 OVERVIEW

The good news is that the work pressure is off you. The not-so-good news is that socially, things could be a tad turgid this year. No matter. All the better for you to work out who your real friends are. Sexually and financially, it's very promising.

**The best time of the year for you to change your life** is August when there's a full moon eclipse in your sign. If you have been complaining endlessly about someone or something, chances are it's finally going to move out of your life, perhaps quite dramatically.

**When it comes to love in 2016:** Jupiter in your intimacy zone means you have a chance to learn what it means to allow someone to get really close to you. This is an opportunity not to be missed. You will have a better quality of life, if you allow more confidantes to get under your skin.

**You also need to know that:** The lunar nodes suggest as much as you might want to be financially independent, working with another, or for others, can work out better for you in 2016.

## AFFIRMATION:

I know who my real friends are and I cherish them!



## HOW TO WOO AN AQUARIUS:

Something experimental, be it music or art.

## CELEBRITY AQUARIANS



Isla Fisher



Amal Clooney



Jennifer Aniston

## POWER DATES

April 22, July 29, September 17, October 29, December 29.

# Horoscope special

## ALL ABOUT YOU

**The good, the bad and the Piscean:** You are a slippery fish. You just are. Just

when someone thinks they understand you, you swim off in the other direction.

**Try this, for the good of your soul:** Finish the next 10 things you start. Go on.

**In matters of love and lust:** They are all about affection and emotion. Get into their hearts first and their body will follow in a wonderful, seductive way.

— POWER DATES —  
March 16, March 23, May 9, May 26, June 17, November 24.

## AFFIRMATION: CELEBRITY PISCANS

This is my lucky year for relationships.



## HOW TO WOO A PISCES:

Pisceans want true love and a soulmate – and they believe it's possible.



Teresa Palmer



Ellen Page



Drew Barrymore

## 2016 OVERVIEW

This year is going to be one to remember, hopefully for all the right reasons! Work with the intense energies coming your way by being honest with yourself and others about what you want. Release anyone or anything which is not "you". Something better will follow. Keep the faith, even if the past few years have been rather testing.

**The best time of the year for you to change your life** is – all year!

The 2016 eclipses are giving you access to another reality, another way of life, all year. Use it or lose it!

**When it comes to love in 2016:** It's a potentially wonderful year for single Pisceans to fall in love. You might feel as though you've met "the one". If you're attached, use September to reboot things with a loved one.

**You also need to know that:** If you're looking for love, your options are super high. Go online to increase your chances. Attached? Make 2016 a year when you and your beloved re-find each other. Unhappily attached? You might well make that bid for freedom in 2016. □



# Pisces

*You are a romantic dreamer but you're also capable of amazing things. You are a visionary – that's the secret of your success.*



# COROLLA HATCH

IT'LL LOVE YOU NO MATTER WHAT



The Corolla ZR Hatch doesn't just look amazing; with 7" touchscreen display, reversing camera and Bluetooth®\* capabilities, it's amazingly advanced too. And with 60/40 split fold rear seats and loads of boot space, it's up for anything you are. From a city conference to a weekend away, it's built for whatever life throws at it. It'll love you no matter what.

[toyota.com.au](http://toyota.com.au)

\*The Bluetooth® word mark is owned by Bluetooth SIG, Inc. Not all devices will be compatible and functionality varies depending on the device.





# marie claire Fashion

## COOL, CALM, COLLECTED

Let summer days and adventures away inspire your everyday ensemble. Think chic simplicity, spirited swimwear and style on a budget. Go ahead, let the sun shine in!

Black top, \$216, by Totême at [Mychameleon.com.au](http://Mychameleon.com.au); beige pants, \$380, by Bassike; watch by Gucci; bike by Brown Jersey Bikes.







Dress, \$1520, by Stella McCartney; shoes by Bally; scarf (worn on head) by Hermès. Opposite page: top, \$495, and briefs, \$195, both by Josh Goot; shoes by Bally; watch by Hermès; blanket by Table Tonic.

# THE WEEKEND

Lose yourself in fashion's *laid-back luxury* and slip into chic with simple silhouettes that evoke an attitude *au naturel*

PHOTOGRAPHED BY HOLLY BLAKE STYLED BY VALERYI YONG









Dress, POA, and shoes  
both by Calvin Klein  
Collection; hat by  
Hatmaker. Opposite  
page: black dress,  
\$275, by Organic  
by John Patrick at  
[Mychameleon.com.au](http://Mychameleon.com.au);  
light brown coat, \$8320,  
by Bottega Veneta;  
necklace by Hermès.





Jacket, \$2495, and trousers, \$950, both by Bally; bikini top, \$216, by Prism; earrings by Dinosaur Designs. Opposite page: dress, approx \$5830, and top (worn underneath), \$2225, both by Céline.









Dress, \$9900, by  
Salvatore Ferragamo;  
shoes by Riudavets at  
[Mychameleon.com.au](http://Mychameleon.com.au);  
earrings by Dinosaur  
Designs. Opposite page:  
swimsuit, \$1080,  
by Chanel; shirt,  
\$320, by Bassike.









Top, \$160, by Base Range at Mychameleon.com.au; skirt, \$1610, by Gucci; trench coat (around waist), \$1405, by Tome; shoes by Gucci; earrings by Céline; bag by Mansur Gavriel at Mychameleon.com.au. Opposite page: jacket, \$749, and skirt, \$260, both by Jac + Jack; bra, \$110, by Araks at Mychameleon.com.au; scarf (worn on head) by Hermès; watch by Gucci. See Directory for stockist details. Hair by Jenny Kim/M.A.P using Pure Hair Food. Make-up by Peter Beard/Work Agency for Kryolan cosmetics. Model: Nikayla/Priscillas.







# Beached!



Turn your clock to island time and soak up the  
sun, sand and sea in exotic summer style

PHOTOGRAPHED BY DAVID GUBERT STYLED BY VALERYI YONG





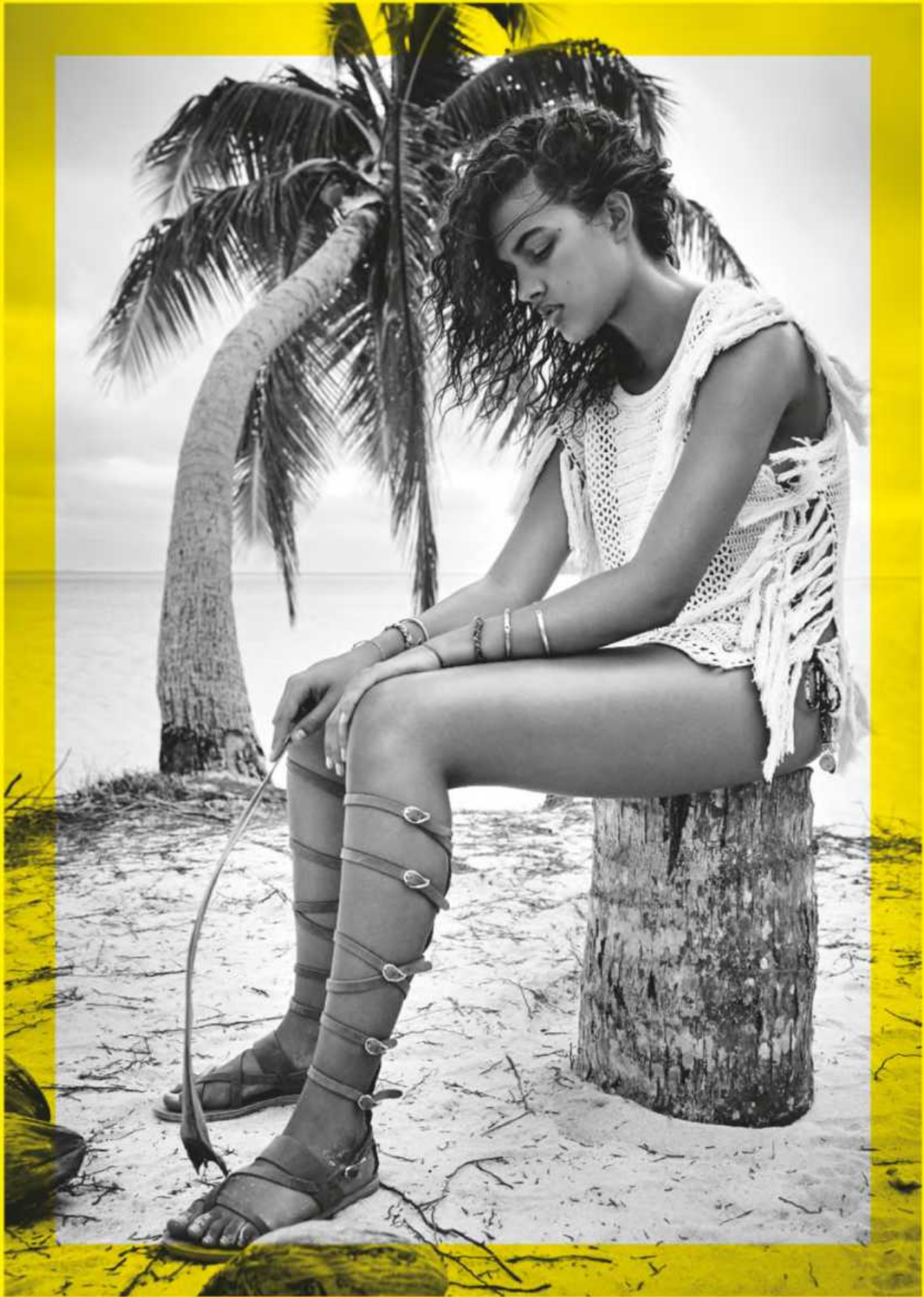
Purple kimono, approx \$695, and black/red bikini, approx \$315, both by Athena Procopiou; multicoloured earrings and necklace both by Andéol; gold/blue/orange/white bracelets (worn throughout) all by Scosha; green bag by Jérôme Dreyfuss. Opposite page: pink/black floral print shirt, \$394, by We Are Handsome; pink/black bikini, \$195, by Zimmermann; multicoloured scarf (worn in hair) and necklace both by Andéol.





Multicoloured silk kimono, \$540, by Andéol; teal bikini top, \$100, and briefs, \$85, both by Bec & Bridge; sandy brown hat (worn throughout) by Hatmaker; multicoloured necklaces both by Andéol. Opposite page: cream top, \$220, by Scotch & Soda; red/blue bikini briefs, \$80, by Seafolly; tan sandals by Ancient Greek Sandals.










Brown/white/floral  
print bikini, \$275, by  
Zimmermann; gold  
earrings by Scosha.  
Opposite page: cream/  
black bikini, \$229, by  
Prism; multicoloured  
necklace by Andéol.

**BEAUTY NOTE:**  
With a lightweight,  
rapidly-absorbed  
texture, Palmer's  
Coconut Oil Formula  
with Vitamin E Body  
Oil, \$9.99, deeply  
hydrates skin and  
leaves limbs glowing.









Brown vest, \$350, by Little Joe Woman by Gail Elliott; purple/python print bikini top, \$110, and briefs, \$90, both by Bec & Bridge; gold earrings by Scosha; multicoloured necklace by Andéol. Opposite page: yellow/blue bikini, \$80, by Tigerlily; fuchsia ikat print shorts, \$240, by Jac + Jack; grey/white belt by Isabel Marant; multicoloured necklaces both by Andéol. See directory for stockist details. Hair and make-up by Sarah Tammer/Creative for Kevin.Murphy and using Chanel. Model: Jessica/IMG. Shot on location in Aitutaki, the Cook Islands. Visit [sale.cookislands.travel](http://sale.cookislands.travel). The *marie claire* team stayed at the Aitutaki Lagoon Resort & Spa. Visit [aitutakilagoonresort.com](http://aitutakilagoonresort.com). Special thanks to Palmer's Cocoa Butter Formula. Visit [palmersaustralia.com](http://palmersaustralia.com).







# marie claire

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see the **viewa** logo

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SHOP THE SHOOT

## THE WEEKEND

Classic shapes and timeless separates embrace the relaxed attitude shaping summer

3 OF THE BEST  
SLINKY SLIPS

**1 WATCH**, \$189, by Daniel Wellington at Theiconic.com.au. **2 TOP**, \$105, by Iris & Ink at Theoutnet.com. **3 HAT**, \$39.95, by Studio W at David Jones. **4 PANTS**, \$150, by COS. **5 SKIRT**, \$259, by Lee Mathews. **6 BANDANA**, \$220, by Bliss And Mischief at Matchesfashion.com. **7 DRESS**, \$459, by TY-LR. **8 BAG**, \$299.95, by The Daily Edited. **9 SWIMSUIT**, \$80, by COS. **10 NECKLACE**, \$30, by ASOS. **11 SHOES**, \$350, by Rafia Chic.

### STYLE TIP

An elegant black swimsuit, teamed with skirts or pants, works on and off the beach.



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# 101 ideas

## Under \$200

Presenting a chic selection  
of warm-weather fashion  
and what's more, every  
item is under \$200  
(yes, everything!)

*the look:*  
THE NEW  
NAUTICAL

**JACKET**, \$199, by Trenery; **SINGLET** (worn underneath), \$90, by Kit and Ace; **SHORTS**, \$99.95, by Witchery; **HEADSCARF**, \$39.95, by Witchery; **EARRINGS**, \$69, by Najo; **EARRING** on model's upper left ear (worn throughout), model's own; **BANGLES**, \$40 for set of 2, by Kookai; **BAG**, \$39.95, by Rubi. **1 SHIRT**, \$149, by Saba; **PANTS**, \$109.95, by Bluejuice; **EARRINGS**, \$89, by Najo; **SCARF**, \$59.95, by Witchery; **BANGLE**, \$40, by Kookai. **2 TOP**, \$69.95, by Witchery; **SKIRT**, \$189, by Marcs; **SHOES**, \$119, by Zara; **EARRINGS**, \$39, by Peter Lang; **BELT** (with pouch), \$179, by Tyrant Saint; **SCARF** (around wrist), \$85, by Daniel Avakian; **RING** (on model's index finger), \$30, by Kookai; **RING** (on model's middle finger), \$189, by Najo. **3 TOP**, \$139, by Maurie & Eve; **PANTS**, \$39.95, by H&M; **SHOES**, \$114.95, by James Alexander; **EARRINGS**, \$59, by Najo; **ARM CUFF**, \$40 for set of 2, by Kookai. **4 SHIRT**, \$169, by Maurie & Eve; **SKIRT**, \$149.99, by Oskar; **SHOES**, \$149.95, by Nine West; **EARRINGS**, \$9.95, by H&M.











2



1



4

3



#### STYLE TIP

A denim dress is a wardrobe staple. To amp up the interest, cinch at the waist with a sash or team with statement jewellery.



*the look:*  
THE BIG  
BLUE

101  
ideas

**SHIRT**, \$29.95, by H&M; **SKIRT**, \$119.95, by Interval; **SHOES**, \$179.95, by Tony Bianco; **EARRINGS**, \$179, and **RING**, \$169, both by Najo; **SCARF**, \$49.95, and **BAG**, \$59.95, both by Zara.  
**1 TOP**, \$69.95, by The Fifth; **SHORTS**, \$129, by Country Road; **HAT**, \$59.95, by Fallen Broken Street; **EARRINGS**, \$159, by Najo.  
**2 TOP**, \$150, by Hansen & Gretel; **PANTS**, \$169, by Marcs; **SHOES**, \$99.95, by Superga; **HAT**, \$49.95, by Witchery; **EARRINGS**, \$59, by Najo; **CUFF** (on top of model's forearm), \$199, by Najo; wide silver **BRACELET**, \$199, and thin silver **BRACELETS**, \$169 each, all by Inspired Tribe. **3 DRESS**, \$69.95, by Zara; **SHOES**, \$149, by Country Road; **EARRINGS**, \$178, by Inspired Tribe; **SCARF** (worn as belt), \$85, by Daniel Avakian.  
**4 JUMPSUIT**, \$89, by Oskar; **SCARF**, \$85, by Daniel Avakian; **EARRINGS**, \$69, by Najo; **CUFFS** (on model's left arm), \$178 each, thin **BANGLES** (from top), \$138, \$76, \$98, and \$128, **BANGLE** (on model's right wrist), \$98, turquoise **RING**, \$178, and flower **RING**, \$118, all by Inspired Tribe.







*the look:*  
BEYOND  
THE PALE

# 101 ideas

**JUMPSUIT**, \$109.95, by The Fifth; **TOP** (worn underneath), \$30, by COS; **EARRINGS**, \$6, by Boohoo.com; **BELT**, stylist's own. **1 DRESS** (worn as **TOP**), \$59.95, by H&M; **SKIRT**, \$189, by Third Form; **SHOES**, \$139, by Marcs; **SCARF**, \$165, by Anna Quan; **RING**, \$30, by Kookaï. **2 DRESS**, \$169, by Maurie & Eve; **EARRINGS**, \$30, by Kookaï; **BAG**, \$89.95, by Zara. **3 JACKET**, \$59.95, by Uniqlo; **SINGLET**, \$12.95, by Cotton On; **PANTS**, \$76, by River Island; **SANDALS**, \$69.95, by Zara; **EARRINGS**, \$120, by Emelli; **SCARF**, \$85, by Daniel Avakian; **BAG**, \$79.95, by Witchery. **4 TOP**, \$69.95, by Zara; **BRA**, \$14, by American Apparel; **SKIRT**, \$29.95, by Uniqlo; **EARRINGS**, \$59.95, by Liberté.

SEE DIRECTORY FOR STOCKIST DETAILS. PHOTOGRAPHED BY MICHAEL NAUMOFF. STYLED BY BREE McDONALD. HAIR BY ANTHONY NADERWORK AGENCY USING ORIBE. MAKE-UP BY MOLLY WARKENTIN/COMPANY 1 USING M.A.C COSMETICS. MODEL: BLAIR/IMG





#### STYLE TIP

Introduce some tactile elements to your ensemble – suede, tassels and frills are just a few luxe touches to try.





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Discover how powerful nature can be with the Pressed Mineral Cover from Australia's

No.1 mineral makeup brand\*. Filled with Australia's finest natural ingredients the

fragrance-free formula gives a flawless coverage for up to 8 hours and instantly

illuminates the complexion. Nude by Nature is more than cosmetic, it's good for you.



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\*Aztec Pharmacy data; MAT 30/08/15





Thanks to the current fascination with all things '90s, round lenses feel so right now, spotted on the streets of fashion capitals the world over. Below in descending order: Ray-Ban; Emporio Armani; Prada; Persol.

WHAT GOES AROUND COMES AROUND



From top: Ray-Ban, \$269.95; Emporio Armani, \$280; Prada, \$440; Persol, \$430

## Made for walking

Spoil yourself with a sophisticated pyjama suit, made for both night and day, from Sleeper. The designers call the range "walking sleepwear – clothes you can fill with your own meaning". Don't mind if we do!

Sleeper, \$200



Matteau Swim bikini top, \$95



## THE SUBTLE SWIMSUIT

Like to keep things on the down low? Look to new label Matteau Swim for quiet yet confident styles of uncomplicated swimwear, tastefully created for the modern woman. Visit [matteau-swim.com](http://matteau-swim.com).

# what's new

## TREND TRACKER

This season, make your trophy jacket a silk embroidered style that merges sportswear with oriental embellishment. Jonathan Saunders (pictured right), Hedi Slimane and Nicolas Ghesquière lead the way.



*The perfect gift for the traveller with a discerning eye, this beautiful limited-edition box set of Louis Vuitton's city guides, \$860, will not only inspire wanderlust, but look gorgeous in the bookshelf, too.*



Mark Cross, approx \$3100 each

## STYLE REVIVAL

Founded in 1845 and carried on the arms of the likes of Grace Kelly and Elizabeth Taylor, Mark Cross leather goods are steeped in history and luxury. The brand was relaunched in 2011 and continues its march into the now with these chic box bags in a sweet new pastel palette.



# THE *holiday* HOT LIST

As summer heats up, here is our must-have edit, and it's full of sweet skirts, sandals and sensational swimwear



## HAPPY DAZE

### EDITOR'S PICK

*"I adore the painted stripe (and reversibility) of this bikini."*  
- Bree McDonald, fashion & news editor



## GRAPHIC ARTS

### EDITOR'S PICK

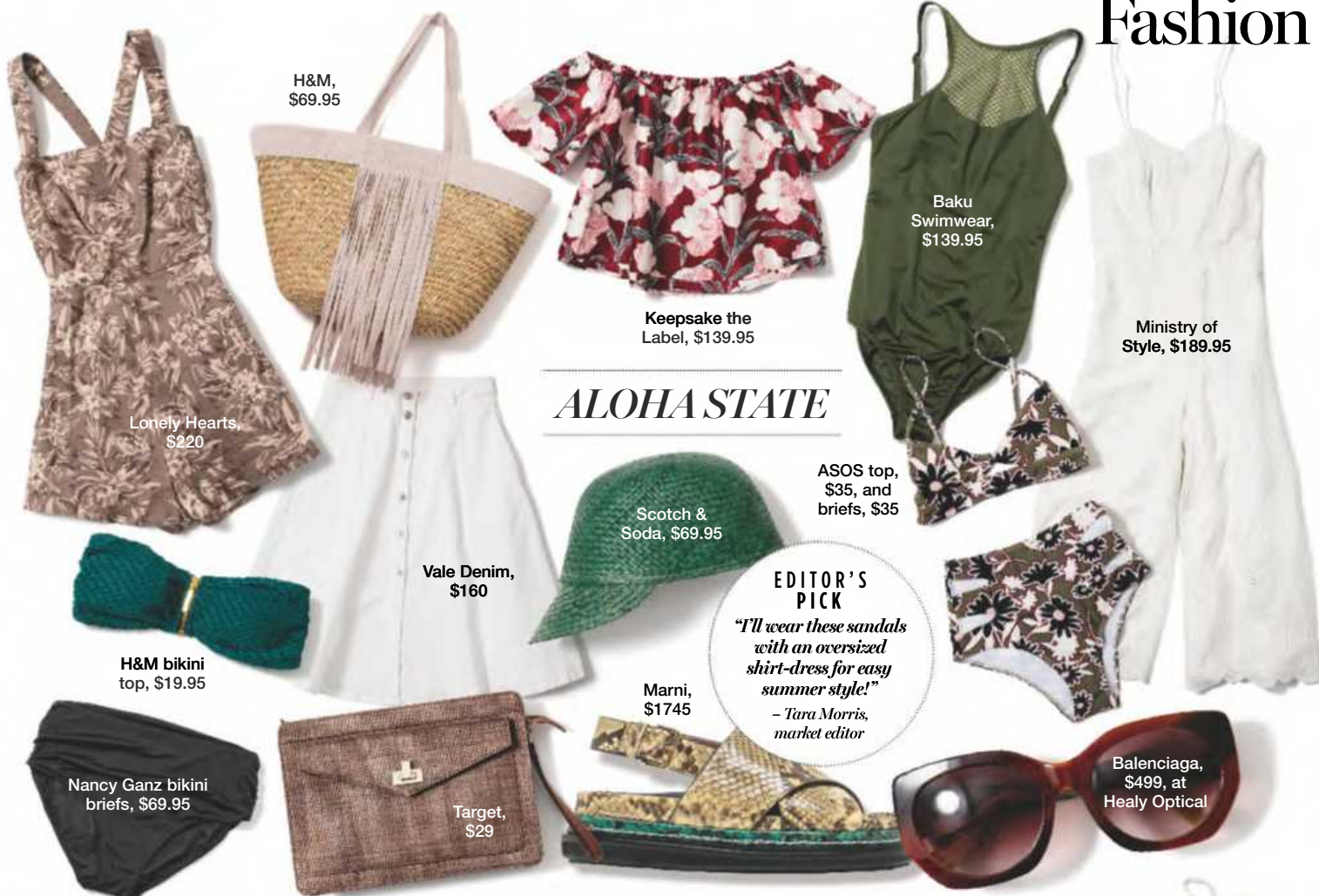
*"The perfect slides. The patent leather means they're dressy enough for night."*  
- Chloe Finley, fashion editor

## SHOP THE PAGE



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## ALOHA STATE

### EDITOR'S PICK

*"I'll wear these sandals with an oversized shirt-dress for easy summer style!"*  
– Tara Morris, market editor



## ALL ABOARD

### EDITOR'S PICK

*"This simple style is offset by its punchy red hue; perfect for sunny days."*  
– Monica Russell, fashion assistant



# SUMMER GOALS

The new generation of health and fitness trackers are now chic enough to double as statement pieces

## ATTITUDE & STYLE

Women's wearable tech has come a long way from simply functional. Choose from colours that pop and sleek, feminine designs.

Hit your goals faster with Fitbit Charge HR and Aria scale, which work together 24/7 to deliver a complete, connected and fun experience.



A GREAT GIFT IDEA

### TRACK YOUR WEIGHT

Keep your eye on your goal weight and stay motivated with this smart scale that monitors your weight, body fat percentage and body mass index over time.

*Fitbit 'Aria' Wi-Fi Smart Scale, \$168.*



### PT ON YOUR WRIST

A fitness and sleep tracker that also measures your heart rate as you work out. It also alerts you to incoming smartphone calls and wirelessly syncs your stats to your computer.

*Fitbit 'Charge HR' Heart Rate and Activity Wristband, \$196.*





## DID YOU KNOW?

We can set up your device in store and you can *walk out working.*

Our Connected Fitness Champions can help you choose the right gadget for you and get you set up to unlock its full potential.

### THE SUPER WATCH



#### TRAIN SMARTER

Go further and push your fitness harder with the help of this GPS watch that features 24/7 heart rate monitoring, sleep and multi-sport tracking. *Fitbit 'Surge' Fitness Watch, \$346.*

#### STAY ON TOP

Designed to keep your active life and fitness life in balance, this features built-in sports apps and pairs with your phone to alert you to texts and emails. *Garmin Vivoactive™ GPS Watch, \$336.*

## GLAM & TRACK

Activity trackers that double as stylish wrist candy. Take yours to the beach, gym and weekend breakfast dates, and track every part of your healthy lifestyle.



#### KEEP ACTIVE

A classic training gadget, Flex tracks steps taken, calories burned, distance travelled and quality of sleep. *Fitbit 'Flex' Wristband, Pink and Teal, \$126.*

#### NEXT LEVEL

An all-in-one workout device, this features GPS tracking, heart rate and sleep monitoring, plus a 3GB music player which holds up to 500 songs to power your training. *TomTom Spark Cardio + Music GPS Fitness Watch, \$346.*

# Harvey Norman®

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# ACHIEVE YOUR LOOK

Wear your heart rate on your sleeve and combine your health and fitness goals with sport-luxe style to keep you motivated this summer.

A GREAT  
GIFT IDEA



## EYES ON THE PRIZE

Improve your training and motivation with this all-in-one workout device that records your speed, distance, pace, calories burned and sleep activity.

**TomTom Spark GPS Fitness Watch, \$227.**



## MAKE A STATEMENT

Blending a classic look with high-performance technology, this watch tracks your heart rate and workouts and is Android and iOS compatible.

**Huawei W1 Steel Mesh Smart Watch, \$646.**



## STAY ACTIVE

An easy-to-use running watch that captures essential stats from your run, including total time, average pace and calories.

**Garmin 'Forerunner 15' GPS Sports Watch, \$246.**



## TRACK IN STYLE

## GET IT DONE

The Vivofit 2 is smart and personal. It learns your current activity level, then assigns attainable goals for you to reach, adjusting as you get there.

**Garmin 'Vivofit' 2 Wristband, \$136.**

# 3

Questions to ask about wearable tech: battery life; how to sync it with your phone; and navigating the menu. Ask our instore champions which device is right for you.



### FEEL CONFIDENT

This Blood Pressure Monitor uses Bluetooth Smart technology to easily transfer data seamlessly to your mobile devices. **Beurer Bluetooth Blood Pressure Monitor, \$196.**



### STEP UP

Wireless scales that upload your weight, body fat, heart rate and home air quality to your iPhone, iPad or iTouch. **Withings Smart Body Analyze, \$249.**



### BEAUTY SLEEP

With a Smart WakeUp function, this gently wakes you up when it's best for your body clock and records detailed data of your sleep patterns. **Withings 'Aura' Smart Sleep System, \$499.**



## LOVE YOUR BODY

Beautifully designed health tech to track your sleep, heart, weight and blood pressure stats.



### ARM CANDY

Sleek, gorgeous and now with a thin strap, this fitness, food and sleep tracker is the best way to monitor your health stats. **Jawbone UP2 Thin Strap Wristband in Oat Spectrum, \$146.**



### LOOK PRETTY

Cutting edge fitness technology inside a sleek monochrome design, this captures your activity, food intake, resting heart rate and gives advanced sleep detail. **Jawbone UP3 Wristband Sand, \$246.**



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# THE AGELESS EDIT

A CLOSER LOOK AT OUR TIME-FIGHTING PICKS FROM THE LATEST SUMMER PARCEL BY MARIE CLAIRE AGELESS



## 1 PROPLENISH MARINE COLLAGEN, \$49.95 FOR 30 X 3G SACHETS\*

Inspired by the ancient Japanese tradition of addressing the signs of ageing from within, this 100 per cent pure marine collagen supplement is tasteless and blends clear in hot and cold drinks. It helps naturally replenish the collagen levels needed for a glowing complexion, healthy hair and strong nails.

## 2 THE BODY SHOP OILS OF LIFE INTENSELY REVITALISING FACIAL OIL, 30ML, \$54.95\*

This daily facial oil revitalises skin and helps reduce the visible signs of ageing. Made from 99 per cent natural origin, cold-pressed seed oils (including black cumin seed, camellia and rosehip), the lightweight formula effortlessly melts into skin, leaving it feeling silky, velvety-soft and non-sticky. Use alone or add it to your moisturiser.

## 3 SK-II FACIAL TREATMENT MASK, \$28 EACH

Beloved by beauty insiders and celebrities alike, this luxurious, moisture-boosting cotton sheet mask is generously soaked in the brand's signature Pitera essence and thoroughly hydrates skin, leaving it looking noticeably more radiant and crystal clear. Use weekly or before a special event for instant luminosity.

## 4 JERGENS SHEA BUTTER DEEP CONDITIONING MOISTURISER, 250ML, \$7.99

Dry, dull skin? With an illuminating blend, pure African shea butter,

and a fast absorbing formula, this luxurious moisturiser deeply conditions parched limbs, strengthens the moisture barrier, and imparts a subtle sheen, while leaving skin delicately fragranced.

## 5 DR LEWINN'S MULTI-MOISTURE BALM, 15G, \$9.95\*

This multi-purpose balm contains a trio of nourishing and smoothing oils (almond, avocado and buriti), and no petroleum jelly. The gel transforms into a luxe formula that can be used anywhere, anytime - as a daily moisture booster, hydrating mask, lip ointment, make-up remover and soothing hand and cuticle balm.

## 6 NARCISO RODRIGUEZ NARCISO EDT, 30ML, \$88\*

From the master of minimalism comes this new fragrance, housed in an elegantly spare bottle. Inside, a blend of white peony, Bulgarian rose, musk, woods, black and white cedars, and vetiver notes, plus the designer's signature musk, makes for a sensual fragrance that is both chic and timeless.

## 7 ALPHA-H LIQUID GOLD, 50ML, \$30 NOW AVAILABLE AT SEPHORA

Working like a one-step overnight facial, this award-winning resurfacing treatment utilises sugar cane derived glycolic acid and licorice extract, plus silk proteins, to help reduce the appearance of wrinkles, pigmentation and sun damage. Apply on cleansed skin (face, neck and décolleté) once a week for two to three weeks, gradually building up to three weekly applications.

All products pictured are not shown to scale. All prices refer to the recommended retail price for the full-sized product. Samples are not exchangeable or redeemable for cash. \*The full-sized product is pictured, but a sample size is featured in The Parcel by Marie Claire summer edit. \*Price of \$22.50 per Parcel is for an annual subscription of The Parcel. Annual subscriptions cannot be cancelled within the subscription term. Other options are available. See website for details.

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# marie claire Beauty

## WATER WORKS

Beat the heat this summer by trading rich moisturisers and serums for lighter lotions and gel textures to replenish thirsty skin.



From far left: **DIOR** Hydra Life Pro-Youth Sorbet Essence, \$126; **LA ROCHE-POSAY** Physiological Soothing Toner, \$24.95; **CHANEL** Hydra Beauty Micro Sérum, \$132; **CLARINS** HydraQuench Cream, \$65; **NEUTROGENA** Hydro Boost Eye Roll-On, \$19.99.





“In summer, I prefer to keep skincare and make-up simple, switching to lighter formulas and always applying SPF”

– Bambi Northwood-Blyth, Australian model (pictured)



# 15 ways to

# beat the heat

Blotchy tan? No problem. Melting make-up? Easy. Aimée Leabon reveals the beauty, body and skin secrets you need to know to keep your cool when the temperature soars

## SKIN

### *Hot weather hitch:*

#### OILY SKIN

**THE FIX:** A complexion that's more greasy than glowing is common in summer, however, "the weather itself won't cause oiliness; heat and humidity will exacerbate an underlying problem", says Dr Li-Chuen Wong, consultant dermatologist for Sydney Skin. Control shine with cleansers containing alpha and beta hydroxy acids and switch your day cream to a lighter lotion or gel.

**Tool kit:** 1. **ESTÉE LAUDER** NightWear Plus 3-Minute Detox Mask, \$58.

2. **TRILOGY** Balancing Face Lotion, \$44.95.

### *Hot weather hitch:*

#### ENLARGED PORES

**THE FIX:** Pores become more pronounced in summer due to excess sebum production from the heat, especially in oily and acne-prone skin. Use a topical vitamin A treatment daily and a clay mask weekly to clarify skin and clear pores.

**Tool kit:** 3. **ESTÉE LAUDER** NightWear Plus 3-Minute Detox Mask, \$58. 4. **CHARLOTTE TILBURY** Goddess Skin Clay Mask, \$88. ▸







### *Hot weather hitch:* **BREAKOUTS FROM SPF**

**THE FIX:** Physical sunblocks, typically those made with zinc, can block pores leading to blackheads and blemishes, so “swap thick, occlusive formulas for chemical- or alcohol-based sunscreens”, advises Dr Wong. Also, consider investing in an electric cleansing brush for a deeper clean and “wash your face before and after exercise – sweat coupled with SPF can trap oil and grime, leading to pimples”, says Dr Wong.

**Tool kit:** 1. **CLINIQUE** Sonic System, \$145. 2. **NEUTROGENA** Ultra Sheer Clear Face Sunscreen SPF 30, \$16.99.

### *Hot weather hitch:* **UNEVEN TONE**

**THE FIX:** Cover up: pigmentation is primarily caused by sun exposure. For pre-existing dark spots, use a treatment product that contains fading agents like hydroquinone, niacinamide and vitamin C.

**Tool kit:** 3. **OLAY** Regenerist Luminous Tone Perfecting Treatment, \$67.99.

### *Hot weather hitch:* **FLUSHED FACE**

**THE FIX:** “It’s the curse of the [Celts],” says Dr Wong. “If you have [very fair] skin, you have the propensity to flush from heat, spicy foods and red wine.” Steer clear of perfumed skincare and chemical peels, and calm inflammation with a cooling mask or moisturiser.

**Tool kit:** 4. **THE BODY SHOP** Vitamin E Aqua Boost Sorbet Gel Moisturiser, \$25.95.





“After a swim I’ll brush my hair, put on some tinted moisturiser and finish with lip gloss for a natural, polished look”

– Bambi Northwood-Blyth

## DEFENCE FORCE

*The new breed of SPF’s shield, soothe and soften skin*



Fast-absorbing **La Roche-Posay Anthelios Nutritive Oil SPF 50**, \$35.95, nourishes skin while providing broad-spectrum protection.



The ultra-light, non-sticky texture of **Cetaphil Suntivity Foaming Spray SPF 50+**, \$17.50, makes application a breeze.



**Invisible Zinc Face + Body Sunscreen SPF 50**, \$29.99, won’t aggravate sensitive skin.

### BODY

#### Hot weather hitch: BIKINI-LINE BUMPS

**THE FIX:** Ingrowns are caused when hairs are trapped under layers of skin, resulting in bumps and inflammation. “Apply a topical preparation containing salicylic acid or antibacterial properties to the area twice a day until the hair starts to come out of the top layer of skin,” says Dr Wong.

**Tool kit: 5. ELLA BACHÉ** Crème Intex No.2, \$51.

#### Hot weather hitch: DULL MANI AND PEDI

**THE FIX:** Sand, saltwater and sun exposure can dull the jellybean finish on your nails. Hit refresh on your varnish by applying a shine-enhancing topcoat every two days. Alternatively, opt for a gel formula for a smudge-proof, chip-proof mani or pedi that lasts up to 10 days.

**Tool kit: 6. REVITANAIL** 3D Top Coat, \$14.95.

#### Hot weather hitch: BLOTCHY TAN

**THE FIX:** Keep your faux glow believable by moisturising daily after showering and exfoliating with a mitt or scrub every two to three days, focusing on areas that are particularly dark. To camouflage tan lines, blend a wash-off bronzer into paler skin.

**Tool kit: 7. L’OCCITANE** Exfoliating and Smoothing Delicious Paste, \$48. **8. VENUSTUS** Orange Organic Body Butter, \$59. **9. SUNESCAPE** Tan Removal Mitt, \$19.95.

#### Hot weather hitch: SUNBURN

**THE FIX:** Feel the burn? Swap aloe vera (it provides a sensorial effect, nothing more, according to Dr Wong) for a lightweight, fragrance-free lotion to replenish moisture, and apply frequently until redness and tightness subsides. Wong also recommends taking aspirin or ibuprofen within 24 hours for pain relief.\* ▸



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## MAKE UP

### Hot weather hitch:

#### DRY LIPS

**THE FIX:** Lips lack sebaceous glands, making them more prone to chapping in the heat. Consider a punchy stain – these formulas provide a lasting colour pay-off and a hydration hit. “Before applying, exfoliate lips with a scrub and apply a balm,” advises make-up artist Napoleon Perdis.

**Tool kit:** 1. **REVLON** Colorstay Moisture Stain in Cannes Crush, \$25.95.

### Hot weather hitch:

#### CREASING EYE SHADOW

**THE FIX:** Keep your sultry stare in place by priming your eyelids. “Apply concealer to create a barrier between the oils your eyelids produce and the eye shadow,” says Perdis. Also try a budge-proof cream or fluid shadow for an all-day, crease-free finish.

**Tool kit:** 2. **BY TERRY** Eye Base, \$63. 3. **GIORGIO ARMANI** Eye Tint in Gold Ashes, \$53.

### Hot weather hitch:

#### FADING BASE

**THE FIX:** To make your foundation last longer, smooth on a primer first. Select a mattifying formula to control shine.

**Tool kit:** 4. **L'ORÉAL PARIS** Infallible Mattifying Primer, \$29.95.



### Hot weather hitch:

#### PANDA EYES

**THE FIX:** Mascara tends to run when the mercury rises, so opt for a waterproof or “tube” formula – the latter slides off in a “tube” when removed, sans smearing. Also, “avoid applying mascara to your lower lashes,” suggests Perdis.

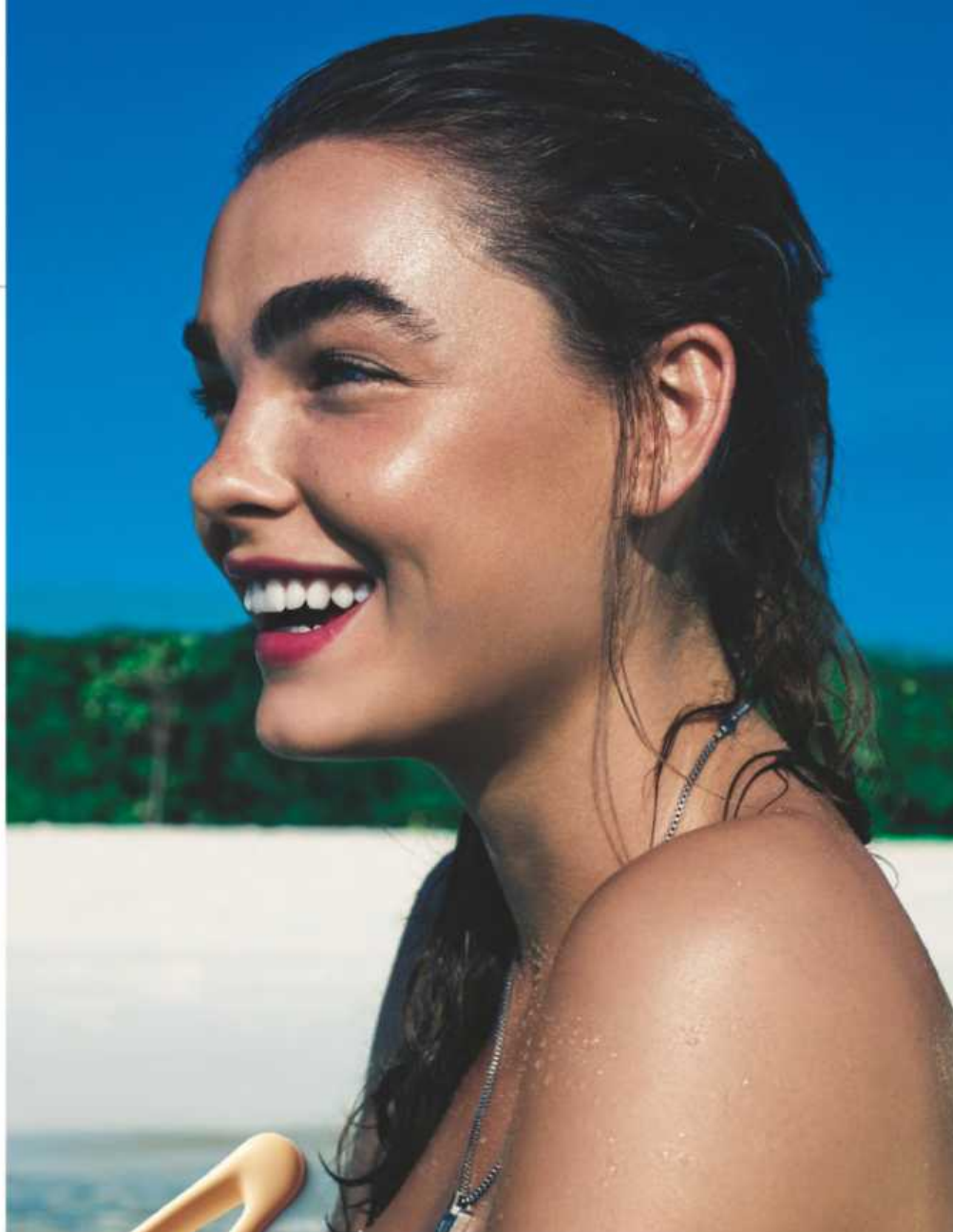
**Tool kit:** 5. **NAPOLÉON PERDIS** Mesmer-Eyes Waterproof Mascara, \$39. 6. **M.A.C** Opulash Mascara, \$33.

### Hot weather hitch:

#### FOUNDATION FEELS HEAVY

**THE FIX:** Trade a full-coverage base for featherweight formulas (think BB creams and gels) and consider switching to a powder. “They’re light-wearing and keep skin mattified when it’s hot,” says Perdis.

**Tool kit:** 7. **GARNIER** BB Cream Miracle Skin Perfector, \$13.95. 8. **BAREMINERALS** Complexion Rescue Tinted Hydrating Gel Cream, \$43. □





EAU THERMALE  
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# Your summer hair guide

**ALL YOUR BURNING QUESTIONS ANSWERED**

From frizz and fringes to brassiness and bleached strands, we asked the experts to solve your seasonal hair dilemmas. By Sherine Youssef







How can I keep my bleached hair from going frizzy when I air-dry? Bree, 26

**A** “Oils are great at reducing frizz, plus they add moisture, speed-up styling and keep colour looking healthy,” says L’Oréal Professionnel colourist Danielle Solier. Work a few drops of **Dove Pure Care Dry Oil**, \$19.99, through damp hair.

I need to get my hair off my neck, but I want something more than the standard pony. Any ideas? Fleur, 38

**A** Pull your hair into a low ponytail and add loads of dry shampoo to the tail. “Back comb and twist tail loosely around the band and secure with a few pins – it’s a quick, easy, high-fashion-looking textured bun,” suggests Remington Schulz, a stylist at Edwards and Co.



I spend a lot of time in the water over summer (beach and pool); how can I protect my hair colour? Lydia, 30

**A** “Salt, sun, chlorine and pollution impact the health and quality of hair, making colour look dull and leaving strands dry and damaged,” says Solier. Step up your at-home routine: use a UV spray and leave-in treatments during the day (try L’Oréal Paris Elvive Colour-Protect Protecting Conditioning Spray (1), \$6.95) and for extra nourishment, mix a little hair oil into a colour-protecting mask, like Wella Professionals Brilliance Treatment for Colored Hair (2), \$27.

How can I get beachy waves on my very straight, fine hair? Jasmine, 29

**A** “The only way to get some wave or curl in straight hair is to prep with mousse,” says Schulz. Work a dollop of mousse (like **Alterna Bamboo Volume Weightless Whipped Mousse** (3), \$36) through damp hair and blow-dry, then take a large or medium curling tong and “curl the hair away from the face in sizeable sections, and let it set for at least 10 minutes before running your fingers through to break up the curls”. Finish with a mist of **TRESemmé Salon Finish Hairspray Extra Hold** (4), \$7.99.



My cowlick gets worse in the humidity – help! Rachel, 28

**A** You need to blow-dry your hair fast – the minute it starts to air-dry and curl, you’re in trouble,” warns Schulz. Start with mousse on damp hair, then blow-dry using no lift (position the brush over the hair, not under, and pull down), and set with **Oribe Imperméable Anti-Humidity Spray**, \$49.

## BANISH BRASSINESS

*Tips to keep your blonde beautiful from L’Oréal Professionnel colourist Danielle Solier*

- Start with a haircare regimen that neutralises warmth while maintaining the condition of your hair. Try **Charles Worthington Colour Enhancer Blonde Shampoo and Conditioner** (5), \$15.99 each.\*
- For a more targeted treatment, the concentrated, blue-toned **L’Oréal Professionnel Color Corrector Blondes** (6), \$26, helps remove that yellow tinge.
- UV hair sprays are not a marketing ploy, swears Solier: “We live in a harsh climate and products with UV filters and protectors help minimise fading.” Try **Kérastase Soleil Micro-Voile Protecteur** (7), \$45. ▸






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**Q** My hair gets very oily, very fast, over summer. Any tips? Emma, 27

**A** “The key is not to wash too often, just every second or third day,” says Schulz. “Too much shampooing can lead to a stripped scalp, which will produce more oil to compensate.” On non-wash days, use a dry shampoo, like VO5 Refresh Me Quick Dry Shampoo, \$7.99.

**Q** The sunshine always makes me realise just how dull my brunette hair is ... what can I do? Anya, 33

**A** “Ask your colourist for an ammonia-free, high-glossing salon service, which achieves a healthy, lustrous finish without the heavy colour result,” advises Solier. Between services, maintain your colour at home with John Frieda Colour Refreshing Gloss (1), \$16.99.

**Q** What are some tips for air-drying? Josline, 36

**A** “Messy, beachy looks are still trending, and are easy to achieve,” says Schulz. Prep towel-dried hair with Bumble and bumble Don’t Blow It (H)air Styler (2), \$43, then grab a few sections around the hairline, from ear to ear, and twist away from the face and pin. Wait 40 minutes before taking them out and then shake strands to break up the sections for a looser, effortless finish.

**Q** I leave the house looking good, but by the time I get on the train, my blow-dry falls flat – what can I do? Annie, 42

**A** Keeping hair loosely pinned up on the commute to work helps, says Schulz, “as does a good mid-afternoon shake in the bathroom with some hairspray”.

**Q** I wash my hair more often in summer, which means my hair colour fades faster. How can I slow this down? Renee, 26

**A** Sulfate-free cleansers, like Matrix Biolage Cleansing Conditioner (3), \$39.95, “gently purify the hair and scalp while also hydrating strands, which helps reduce colour fading”, explains Solier.

## THE FRIZZ FACTOR

*It is your most common query – so here are three ways to fight the frizz*

**1.** Post-straightening, apply an oil, like R+Co Tinsel Smoothing Oil (6), \$36, all over, and again the next day on dry ends.

**2.** Wet-look hair is a runway trend (and frizz-proof); for a real-world version, “mix strong gel with a blow-dry cream to create a more workable styling aid and prevent the gel turning rock hard”, advises Schulz. Try Joico Power Gel (7), \$25.95, and Redken Satinwear 02 Prepping Blow-Dry Lotion (4), \$30.95.

**3.** To keep curly hair polished, scale back on washing and use a styling product that also hydrates, like Kevin.Murphy Killer.Curls (5), \$49.95. □



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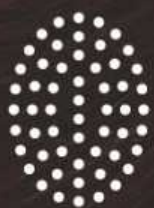




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A close-up, artistic photograph of two makeup brushes against a solid black background. The brush on the left has a silver-colored handle and a dense head of dark bristles coated in bright green powder. The brush on the right has a similar silver handle and bristles coated in vibrant red powder. Both brushes are angled towards the center, and a fine mist of their respective colored powders is captured mid-air around them, creating a dynamic, celebratory feel. The lighting highlights the texture of the bristles and the metallic sheen of the handles.

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THE WORD IS OUT ON THE NEW OLAY MIRACLE DUO THAT GETS STUNNING RESULTS - AND HAS THE BEAUTY WORLD BUZZING WITH EXCITEMENT

The reviews are in, and consumers and experts alike are praising the new Olay Miracle Duo. Harnessing the power of more than 10 years of research, the products penetrate deep into the skin, boost cell metabolism and renew cells to levels closer to younger skin - resulting in stunning skin that can **look up to 10 years younger**.

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## BEAUTY BLOGGERS SHARE THEIR FEEDBACK ON OLAY MIRACLE DUO



"I'm so impressed and I'll definitely continue to use these products."

I am very comfortable recommending them, and trust is of the utmost importance to me on this [YouTube] channel"

JODI KUKURA,  
GOO ROO BEAUTY BLOGGER

"This stuff smells amazing. It feels like quite a rich cream but it actually absorbs really quickly, and it sits really well under my make-up"

SHARON FARRELL,  
THE MAKEUP ARTIST BLOGGER



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\*BASED ON AVERAGE RATINGS ACROSS OLAY REGENERIST MIRACLE BOOST YOUTH PRE-ESSENCE AND MICRO-SCULPTING CREAM (NORMAL AND FRAGRANCE-FREE), AS OF AUGUST 28, 2015

To find out more, search for "Olay Miracle Duo" or visit [Olay.com.au](http://Olay.com.au).  
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From the cult classic Elizabeth Arden Eight Hour Cream, comes All-Over Miracle Oil, \$36\*, which promises to hydrate skin and hair for up to 12 hours.



**Pretty, easy**  
Your clique will covet these multipurpose palettes – they're stylish, wearable and sure to impress. From above far left: Olivia Palermo x Ciaté London The Smouldering Eye Palette, \$66; By Terry Gold Jewel Lip Kiss, \$165; Lancôme La Palette 29, Faubourg Saint Honoré, \$95.



MONIQUE LUILIER SPRING/SUMMER 2016

## TRIED AND TESTED:

**Philips Zoom! QuickPro, \$199**  
"Four shades lighter teeth in 10 minutes – without pain? I'm apprehensive. A 20 per cent hydrogen peroxide formula is applied in a dentist chair and I leave with instructions to brush it off after 30 minutes. The result? My smile is noticeably brighter, sans sensitivity."

– Aimée Leabon, contributing beauty editor

# what's new

## GOLD STANDARD

For a chic bathroom accessory and salon-worthy strands, we can't go past the ghd platinum, \$315, with limited-edition clutch-like roll bag and sectioning clips.



## Hair hotspot

The new **Kérastase Institute Flagship** salon in Sydney's Rose Bay has a French-parlour-meets-science-lab feel. High-tech diagnostic equipment assesses the health of your hair and scalp for tailored treatments. Visit [kerastase.com.au](http://kerastase.com.au).



*Swap your nine-to-five nude mani for a more festive shade. We love Dior's Christmas collection Diorific Vernis, \$43 each – perfect to pair with a LBD!*

[Pictured here in, clockwise from above right: Gris-Or, Mystere and Passion].







**1**  
Clinique High On Lashes Box Set, \$38, comes with (from top): All About Eyes; High Impact Mascara; and Skinny Stick.



**10**  
Revlon Kris Kringle ColorStay Gel Envy Duo, \$15.95, keeps tips and toes in party-ready style with a nail enamel and top coat.



**Philosophy Peppermint Stick Duo**  
\$25, features a minty-fresh body wash and lip shine.



**3**  
L'Occitane Bauble, \$36, packs a Jasmin & Bergamote Perfumed Soap, Body Milk and Shower Gel.



**4**  
Kit: The Surf Club, \$46, comprises a coconut-scented (from left): body wash, body lotion and candle.



**9**  
Three of Tocca's most popular hand creams (from left): Cleopatra, Bianca and Simone, make up the Crema Veloce Set, \$23.



**8**  
The Estée Lauder Shine On: Pure Color Gloss Collection, \$50, contains six high-impact lip glosses.



**7**  
With a facial sunscreen and SPF lip balm, the Mecca Cosmetica Sun Kissed Duo, \$25, is a summer holiday essential.



**5**  
BareMinerals Swept Away, \$40, holds four mini make-up brushes in a handy pouch.



**6**  
Jo Malone Christmas Ornament, \$45, contains a body cream and cologne.

## HIT LIST

10 of the best Christmas gift sets for \$50 and under



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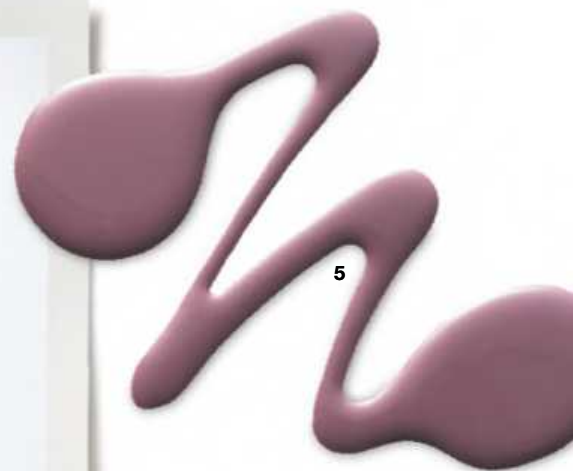
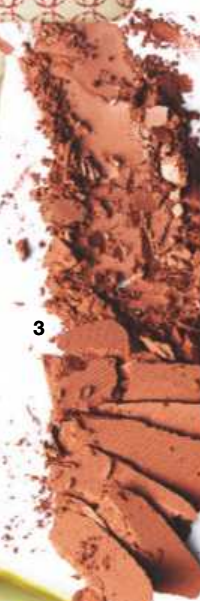
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## MY BEAUTY RULES

# LAUREN BUSH LAUREN

The *activist and social entrepreneur* talks fuss-free hair, neutral nails, and her mission to help children around the globe

### I focus on skincare.

Some of my favourites are Clarins Gentle Foaming Cleanser with Shea Butter and HydraQuench Moisturizer, and Kiehl's Creamy Eye Treatment with Avocado.

### My weekday look is very natural and simple.

After moisturiser, I combine a drop of Clarins Double Serum with a squirt of Skin Illusion Natural Radiance Light Reflecting Foundation. Then I apply Bobbi Brown eye concealer and bronzing powder, and finish with Fresh Sugar Rosé Tinted Lip Treatment.

### I don't fuss with my hair much.

I like using Moroccanoil Treatment and usually allow my hair to mostly air-dry after showering to help bring out the natural wave.

### My shopping tends to happen more online.

But I still love a good well-curated [store]; for me, nothing brings a brand or concept alive more than a thoughtful brick-and-mortar experience.

**Lately, I've been enjoying unique workouts** like aqua spinning or trampolining. I get bored if I do the same workout routine too often.

### I am a lifelong vegetarian.

I eat lots of fruits and veggies, but I don't deny myself the occasional pizza night or ice-cream indulgence ... Everything in moderation.

**FEED has evolved** in the nearly nine years since I founded the social business with a single burlap tote [the funds provide meals for children in need]. Partnering with Clarins made sense – it's a family-owned company with a long history of caring for the world in how they source their ingredients and give back to the communities where they work. □

## Lauren's kit

- 1 "Instead of a gift with purchase, we have a 'Gift With Purpose'; customers receive a FEED tote that donates meals to children around the world."
- FEED** bag, free with purchases of \$70 or more, from Clarins.
2. **CLARINS** Gentle Foaming Cleanser with Shea Butter, \$38. 3. **BOBBI BROWN** Bronzing Powder, \$60.
4. **KIEHL'S** Creamy Eye Treatment with Avocado, \$41.
5. "I enjoy the occasional mani/pedi when I have a free half-hour, and gravitate toward neutrals like Essie Smokin' Hot, Mademoiselle or Merino Cool [pictured above, \$16.95]."



### ALL IN THE FAMILY

The granddaughter and niece of two former US presidents, Lauren married David Lauren (designer Ralph's son) in 2011.



"To date, the FEED/Clarins partnership has provided 6.6 million meals to children globally"



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# blue crush

Hold the black: the season's hottest eye colour takes inspiration from summer skies and seas – think cool, confident shades of azure, cobalt and navy



1. **BENEFIT** They're Real! Mascara in Beyond Blue, \$40. 2. **MAYBELLINE NEW YORK** Color Tattoo Metal by Eyestudio 24hr Eyeshadow in Electric Blue, \$11.95. 3. **REVLON** PhotoReady Eye Art Lid+Line+Lash in Cobalt Crystal, \$21.95. 4. **GUERLAIN** Eyeshadow in Blue's Brothers, \$46. 5. **SISLEY** Phyto-Eye Twist in Lagoon, \$50. 6. **BOURJOIS** Little Round Pot Eyeshadow in Bleu Passe, \$20. 7. **URBAN DECAY** 24/7 Glide-On Eye Pencil in Chaos, \$30.



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# Neutrogena®



# HELLO SMOOTH SUMMER SKIN

DITCH THE RAZOR  
AND BRING ON THE  
PAMPERING WITH NEW  
VEET SPAWAX FOR A  
SERIOUSLY SMOOTH,  
READY-FOR-ANYTHING  
KIND OF SUMMER

An Aussie summer is all about spontaneous trips to the beach and last-minute get-togethers with friends. Be ready for all life's adventures with new Veet Spawax Stripless Wax Warming Kit that gives you the salon experience at home. Effective on hair as short as 2mm, it's a breeze to use and provides professional-quality smoothness that lasts up to 28 days.



**STEP 1** Depending on the area(s) of your body that you're waxing, place the required number of Veet Spawax wax discs in the warming pot. You'll find six wax discs in the warming kit (and also in the refill packs), which is enough wax for legs, underarms and bikini line.



**STEP 2** Plug in the Veet Spawax warming pot, bask in the relaxing illuminating glow and, presto - the warmer will begin to melt the discs. The wax is ready to go when it reaches a smooth consistency (approximately 30 minutes for four discs).



**STEP 3** Enjoy the relaxing fragrance and scoop a portion of wax onto the included spatula. Apply a layer of wax (around the thickness of an orange peel) in the direction of hair re-growth. Try to make the end of the strip slightly thicker so that you can grip it easily.

## EASY STEPS TO SALON-PERFECT SMOOTHNESS





## Indulge in a little spa time this Christmas

Make the most of the holidays and treat yourself to a little home pampering with Veet Spawax. You'll love how easy it is to use. The wax is portioned into discs so you'll always know how much you need, and the specially shaped spatula ensures easy application.

UNDERARMS =



BOTH ½ LEGS =



BIKINI AREA =



**STEP 4** Once applied, wait for 30-60 seconds until the wax feels dry to the touch. Hold your skin taut with one hand. Grasp the thicker end of the wax with your other hand and pull the strip back as quickly as you can against the direction of hair growth (from ankle to knee, for example).



**STEP 5** After you finish waxing, switch off the warmer and clean off any remaining wax residue from your skin with baby oil or used wax. Then step back and admire the salon-perfect results! Show off your smooth skin confidently in a sleeveless top, short skirt or bikini.







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# wellness

marie claire



## SPORT LUXE

Get away with all-day workout gear with these devastatingly chic sneakers.

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sneakers, \$1080,  
by Louis Vuitton.



Wellness

Want to leap into 2016 bouncing with energy and vitality? The key could be in keeping “an alkaline state”, says Dilvin Yasa

# NEW YEAR, NEW YOU

PHOTOGRAPHED BY REBECCA PIERCE/THELICENSINGPROJECT.COM/SNAPPER  
MEDIA: GETTY IMAGES. \*\*DIETARY ACID LOAD AND RISK OF TYPE 2 DIABETES\*,  
DIABETOLOGIA, NOVEMBER 2013. \*\*\*HIGH DIETARY ACID LOAD IS ASSOCIATED  
WITH INSULIN RESISTANCE\*, CLINICAL NUTRITION, MARCH 2015





I'm having the time of my life, so why then, do I feel so sluggish?" It's a question asked by many of us as we celebrate our way through the holiday season. You may think it's all the carbs, trans fats or late nights that have been zapping your energy, but the culprit might be more unusual: your body's acid levels. "Most of the food we indulge in over the Christmas period is very acidic because it's highly processed, full of sugar or involves alcohol," says Tania Grasseschi, Chinese medicine practitioner ([orientalwisdom.com.au](http://orientalwisdom.com.au)). "An acidic body is a great environment for the growth of viruses and bacteria, leading you to feel tired, toxic and sick." So, how do you bounce back? The solution, happily, is simple.

## WHAT IS THE ALKALINE DIET?

The diet has been around for some 30 years, but the spotlight was firmly put on "keeping alkaline" last year when supermodel Elle Macpherson confessed that she always carried a pH balance urine tester kit in her purse to check she maintains "an alkaline state".

Despite the urine kit, the premise of the diet is pretty simple: strike a balance of eating 70–80 per cent alkaline-rich foods like leafy greens, fruits and vegetables and 20–30 per cent acid-forming (protein, dairy and grains). If you do, you'll create a pH balance in your body that is optimal for health, reducing the risk of chronic illness and disease, while increasing your energy and helping you shift unwanted kilos.

Although many nutritionists have dismissed the diet, arguing that the body has its own natural system for keeping the balance in check, studies have shown diets overloaded with processed foods and animal proteins might be capable of overriding our systems.

A 2013 French study\* of 60,000 women found those with highly acidic diets had a higher risk of type 2 diabetes, while a Japanese study\*\* linked those with high-acid diets to a higher risk of insulin resistance.

But Grasseschi is an alkaline fan. "When your body is alkaline, you are better able to absorb nutrients from the food you eat and your blood is more highly oxygenated so you will have boundless energy, your immune system will be strong, and you will automatically feel happier within yourself," she says, adding that there's no better time to start than after the Christmas binge.

**80**  
The percentage of alkaline foods to aim for in your diet.

**7.4**  
The ideal pH level for the human body. Less than 7 is considered acidic.



## HOW TO BECOME MORE ALKALINE

The first lesson starts with getting a handle on what is alkaline and what isn't. "The mistake most people make is thinking it's about avoiding foods that taste acidic," says naturopath Mim Beim ([beamingwithhealth.com.au](http://beamingwithhealth.com.au)). "Rather than the taste, it's actually about the mineral composition of the food after it's been absorbed that determines whether it's acid-forming or alkaline."

**Step one:** Eliminate, or at least heavily reduce, the following: proteins (particularly red meat); dairy (except ricotta, which is alkaline); sugars; alcohol; caffeine; grains; and processed foods.

**Step two:** Replenish your diet with these alkaline foods: fresh fruit; fresh juices; seeds and nuts; herbs; large helpings of vegies – particularly the green and leafy variety, such as spinach.

**Step three:** Dr Simone Laubscher, Elle Macpherson's nutritional doctor and co-founder of nutrition at Rejuv Physio & Nutrition ([rejuv.co.uk](http://rejuv.co.uk)), advises kicking off your mornings with a glass of warm water and lemon juice, plus "add an additional two litres of water per day to help dilute acids".

**Step four:** Keep coffee to a maximum of one cup a day, which "you'll need to drink at least one hour away from any nutritious foods or supplements, so the caffeine doesn't impair absorption of key alkalising ingredients", says Dr Laubscher.

**Step five:** Increase exercise and reduce stress. "Sweat acts as a great back-door way to dump acid wastes and toxins," explains Dr Laubscher. Plus, stress-management techniques, such as meditation, are very beneficial. "When you are stressed, your digestive system switches off so you need to find ways to relax and aid your body," says Grasseschi. And if you really can't say no to that leftover mince pie? Try throwing back a green smoothie packed with celery, apple and spinach alongside it, advises Beim. After all, eating well – whether it's about alkalinity or not – is simply about balance.

## Your detox starts here ...

If you're keen to challenge yourself over a five-day period, say between Christmas and NYE, Dr Laubscher recommends going entirely vegan to accelerate the body's ability to detox and rebalance your pH. "Cut all meat, dairy, sugar and gluten and head over to [Welleco.com](http://Welleco.com) for a range of excellent detox vegan recipes," she says.

For a 10-day plan, which isn't as strict, Grasseschi suggests the following:

- Refrain from eating red meat, processed food, sugars, and refined flours, such as in bread and pasta. A single daily serve of a wholegrain like quinoa is allowed, as is lean white protein, such as fish.
- Increase intake of fresh vegetables and fruit.

- Swap fatty and fried foods for good oils, such as avocado, coconut oil and nuts and seeds.
- Drink plenty of spring water, lemon water, dandelion and rooibos teas.
- Abstain from alcohol and cigarettes.
- Practise meditation and deep breathing.
- Exercise daily. □





# the best morning ever

Ever wondered what the perfect start to your day is? Do you struggle to structure the day so that you are bursting with energy? Well, read on

## READY, SET, GO

Before you walk out the door, set three strategic goals for the day. But like our other morning moments, don't overextend. Your goals might relate to the state of your desk or your empty fridge – just keep 'em specific and achievable. You'll want to make new ones tomorrow.

If you could join a club that included Michelle Obama, Anna Wintour, Arianna Huffington and pretty much every CEO on the Fortune 500, you'd jump at the chance, right? So reach for your phone and set an alarm. Early. A good morning routine may be the secret to success and happiness, and there are a few things you need to squeeze in ...

## THANK YOUR BED

While the science is out on the effectiveness of the daily affirmations that have made self-help gurus like Louise Hay famous, there is one morning mantra that the studies support: gratitude. Start by saying thanks to your pillow for the zzz's, and list off a few other things that you are grateful for.

Attention green smoothie addicts: stop to "chew" your blend (swish it around your mouth) to release pre-digestive enzymes that better digest those leafy greens.

## SORT OUT YOUR INSIDES

Before you ingest your preferred heart-starter, take a moment to alkalise your system. Some naturopaths believe that our modern diet and lifestyle creates too much acidity in our system (For all the details, turn to "New Year, New You" on page 184). Fresh lemon juice in warm water or raw apple cider vinegar (taken as a shot or mixed in warm water) will set you up for the day.

## WORK UP A SWEAT

No time to exercise? Sorry, but you have seven minutes. Interval training is the excuse-proof sweat-fest that can be done in your bedroom; studies show that you don't even need to crack the 10-minute mark to bring more benefits to your lymphatic system than a lifetime of dry body brushing.

## PULL YOURSELF TOGETHER

Your Nespresso might be calling, but we have an additional cure for that vague pinot pain. Oil pulling is an Ayurvedic practice that involves swishing oil in the mouth for about 20 minutes. Anecdotal (from 5000 years or so of Ayurvedic practice), you can expect whiter teeth, better breath, and healthier gums, plus it's meant to cure a hangover. Choose sesame or coconut oil for their antibacterial properties. Do it after waking – even for five minutes while you shower.

## DO A LITTLE SWEEPING

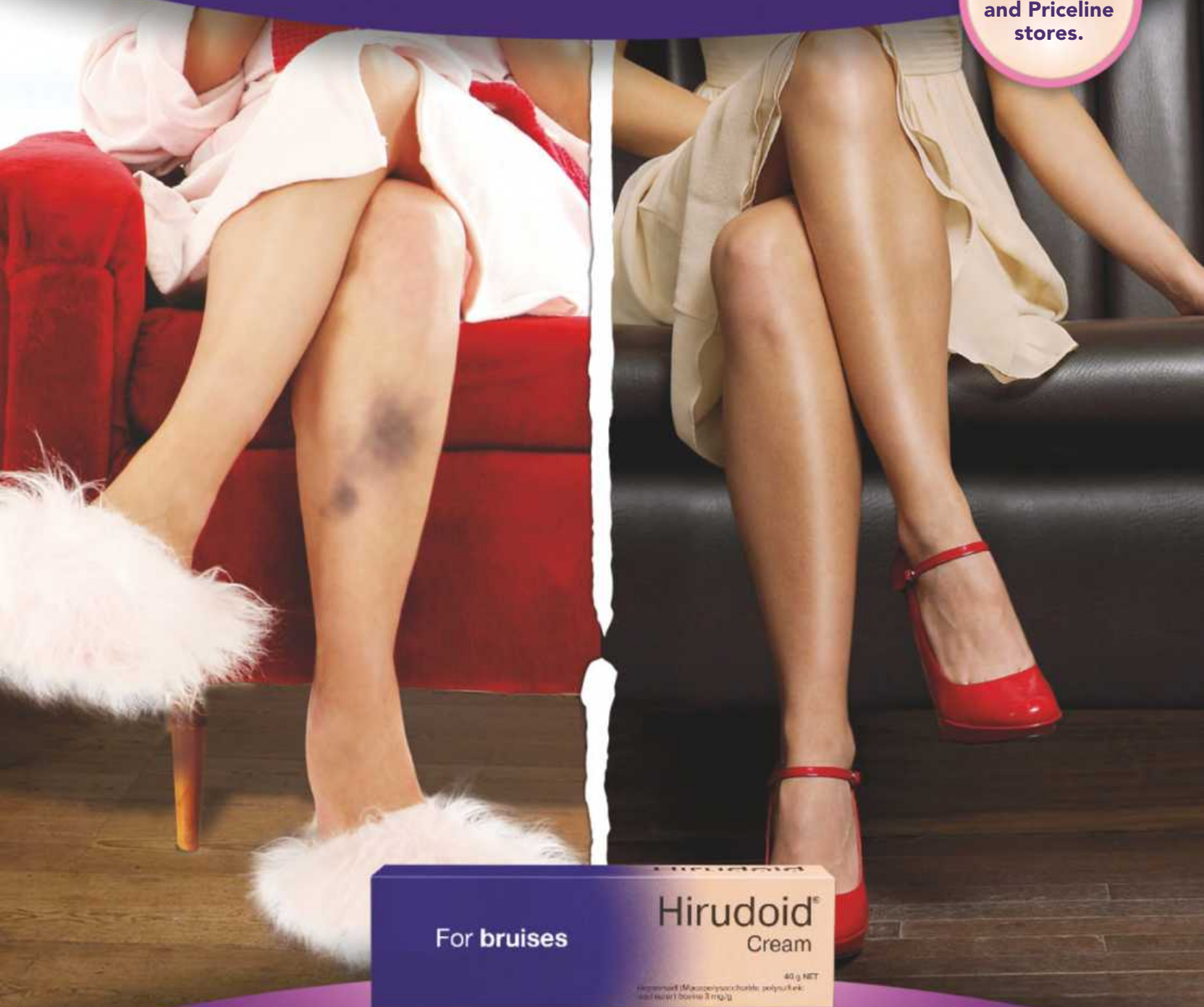
Writer/filmmaker Julia Cameron came up with a brilliant brain sweeper called "Morning Pages". As soon as you wake, take three A4 pieces of paper and a pen, then just write until you've filled the pages. Be it banal, repetitive, juvenile, whatever. It's like throwing the doors open on the mind, tossing out niggling thoughts and – maybe – finding some lost nugget of gold. Repeat each morning for as long as you find a benefit. □



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Research conducted by B. Larsson, S. Fiance, A. Jonasson & B. Forsska. Financial sponsor of research unknown.



## JUICES FLOWING

Adding a cold-pressed juice to your day can assist with cramming extra nutrients into your diet, as well as offering alkalising benefits. New from Pressed Juices is The Pink Lemonade, \$9, a mix of alkaline water, strawberry, lemon, ginger and bentonite clay. Bentonite clay is often used for its detoxifying properties, while lemon enhances the alkalising effect. Visit [pressedjuices.com.au](http://pressedjuices.com.au).



*Sarah Wilson's new book, I Quit Sugar: Simplicious (Pan Macmillan, \$39.99) goes back to how our grandmas cooked – real ingredients, buying in bulk, freezing, preserving, and using leftovers. Expect treats and one-pot delights.*

## what's new



## MAKE IT HAPPEN

Need a bit of a kick to get your life in order? Maybe a pep talk from a sassy little notebook will help. Each time you look at your Mi Goals book, \$5.95, you'll be reminded of what you need to do. Visit [migoals.com](http://migoals.com).

Sunglasses, \$370, by Burberry at OPSM



## ALL YOURS

Sunglasses fool the eye into thinking it is darker than it actually is, causing the pupil to dilate. Like an aperture opening on a camera, focus then becomes more critical because the depth of field is reduced. So if you normally need prescription specs, having your script put into your sunglasses can be a revelation. Try OPSM as it can make this season's hottest designer frames 100 per cent yours with your script. It also does UV protection, polarisation, anti-reflection, tints and even mirror coatings. Visit [opsm.com.au](http://opsm.com.au).

## BOUNCE BACK

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## SIMPLE TIPS TO BOOST YOUR SUMMER BODY CONFIDENCE

1

### THINK POSITIVE

Watch your self-talk when it comes to your body! Make time to appreciate your best bits, whether they're your lovely legs or pretty face.

2

### SHARE THE LOVE

If you think a friend is looking gorgeous, compliment them. The more love you share with others, the more you invite back your way.

3

### PAMPER YOURSELF

Whether you paint your nails or touch up your bikini line, a little DIY pampering can work wonders for your confidence.

4

### JUST FORGET IT!

Worried about being in your swimsuit? Don't be! Chances are the only one stressing about your body is you. Ditch the stress and have a blast!



FOR MORE INFORMATION,  
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\*Moisturises for up to two hours after shaving





# marie claire

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# @work

marie claire

YOUR GET-REAL GUIDE TO CAREER & FINANCIAL SUCCESS

## How to use **SOCIAL MEDIA** to get your dream job

Stop with the food photos. Use your *Twitter*, *Instagram* and *Facebook* accounts to boost your career

**W**ould you dream of going on a date with someone without checking out their Facebook or Instagram accounts first? Thought not. Employers are no different. Ninety-two per cent of companies now use social media for hiring\*, and 55 per cent of recruiters have reconsidered a candidate based on their social profile\*, according to US research. Here's how to get your social accounts into shape and nab yourself the job of your dreams.

### Google yourself

First things first, Google yourself and find out what your social media pages look like to an outsider. "View your profiles as a third party," advises Ryan

Shelley, managing director at social media consultancy Pepper IT. "This ensures that nothing intended to be personal is openly viewable to others. Remember, nothing on the internet is truly private."

### Clean things up

Employers expect you to have a personal life, but "there's a fine line between appearing human and sharing too much personal information", says Shelley.

Unsurprisingly, 83 per cent of recruiters disapprove of references to illegal drugs and 70 per cent react badly to posts of a sexual nature. "What is acceptable comes down to your industry," says Shelley. "The entertainment and PR industries would expect to see you mingling respectfully with the right



people. More sedate industries may expect a more professional appearance."

Remember it's not just outrageous party photos that may damage your job prospects. Anything that could be deemed offensive or politically divisive isn't a good look.

### Keep it simple and stay active

It's better to have a well put-together, up-to-date profile

on a couple of platforms than lots of neglected accounts. "Only take on as many as you can manage," says Shelley. "Yes it's a good idea to nab a great name on an account and hold it until you're ready to use – but don't openly publicise an account you don't have content for." Your potential employer wants to see you're engaged in what you do, rather than faddishly joining every new social platform. ▸



"If you're job hunting, you should have a LinkedIn profile, plus either Facebook or Twitter to show a more personal side," says Shelley. Then work out which platforms would work well for your business and start using them. Ask colleagues or co-workers if there's anything industry specific they're using that you might be missing out on.

### Tailor each profile

Take some time to make your bios and profile images targeted and platform appropriate. "Your LinkedIn account head shot and bio need to be totally professional," says Shelley. "Your Instagram or other personal accounts can be more human and conversational." In these bios talk a little bit about your interests or post a photo where you aren't wearing work attire – although nothing too revealing, of course!

### Promote yourself – but not too much

Social media is a handy way to promote your professional achievements and let others in the industry know what you're good at. But it can also be used to show that you're aware of news and developments in your field. "Be careful not to overdo the self-promotion," warns Shelley. Instead, "follow the 5-3-2 rule. For every 10 posts, share five pieces of news from others that are relevant to your industry.

This shows you are knowledgeable and keep up to date with your industry. Share three pieces of news that are relevant directly to you, but when you do this, don't make it a direct sales pitch. Then share two pieces that are personal or fun to show that you are human."

### Connect with people you admire

"Follow other people in your industry," suggests Shelley. "It helps you see what they do well and learn from them. You can interact by asking insightful questions, complimenting their work and sharing their posts. It's a great way to get noticed and often provides an opportunity to contact them directly."

Go a step further and follow people who work at your dream company. It will help you to stay on top of what's going on in their business, including job opportunities: lots of companies now mention vacancies on social media.

### Control your own destiny

"People often forget that they don't actually own their social presences," says Shelley. "But a website or blog is a very powerful tool that you have complete control over." Use your social media accounts to link back to your personal site or blog. "Your own site takes time and effort, but you'll definitely reap the benefits. It helps you get your message out to the world."

**3** out of **4** hiring managers will check out a candidate's social profiles before offering them a job\*



# The Cost OF WORK

You go to work to pay the bills, but *how much* are you forking out to *keep your job*?

You might think your job is a vehicle for earning money, but going to work could be costing you almost half your annual income. "People think they take home the salary they accept when they start a job," says social researcher Mark McCrindle. "But the reality is very different, and spending a lot on actually being at work diminishes the purpose of what you're doing." Here's where your hard-earned cash is going – and how to slash those work-related costs.

## TRANSPORT

Australians spend an average of \$4794 each year on petrol, tolls or public transport to get to work, according to a survey by McCrindle Research.\*\* "Carpool with a friend or colleague to share the costs of tolls and petrol," suggests McCrindle. "Would public transport be cheaper than driving? It's even worth asking your boss if you could work from home one day a week to save on commuting costs."

Cost ..... \$4794 per year



## CLOTHES

The average Australian lays down \$320 a year on clothes directly needed for work. That's about the cost of your last pair of shoes, isn't it? If you work in an industry where you need to look particularly smart or stylish, you're probably spending a lot more than this. "If it's appropriate, ask your employer about a clothing allowance," advises McCrindle. "When you can, buy items you can also wear socially so you're getting your money's worth."

Cost ..... \$320+ per year

## FOOD

Ninety-five per cent of Australians spend their own money on food and drink during working hours, with 22 per cent of us buying something every single day we're at work. This adds up to around \$889 a year, although if you're buying several meals and coffees a day (you know who you are), you could easily be spending \$100 a week. "Ask your employer to provide a kettle and microwave so you can make your own drinks and heat up lunch brought from home," says McCrindle.

Cost ..... \$889 per year

## CHILDCARE

Putting one child into daycare for 50 hours a week costs a median of \$74 a day (this figure is much higher if you live in the city or an in-demand area) and \$17,760 a year. This equates to 22 per cent of the average Australian full-time salary of \$80,049. "Perhaps you could ask extended family to look after your child one day a week," says McCrindle. "Or ask your employer for flexible working hours so you can cut down the hours needed in daycare."

Cost ..... \$17,760 per year  
(for full-time care)

## TRAINING

Thirty per cent of Australians fork out their own money on education or work-related training costs, averaging nearly \$600 a year. "If a training course will help with your job, tell your employer how it could benefit your productivity and ask if they can cover the bill," says McCrindle. "Offer to run a session for other employees or write something for the company blog so you can pass on the knowledge you've gained."

Cost ..... \$587 per year

## TAX

When you accept a salary, don't forget to work out how much you'll actually see of that amount. The average national salary of \$80,049 a year is taxed at 37c per dollar, meaning a yearly tax bill of \$16,768. "Ask a tax accountant to help you claim benefits wherever possible to reduce your bill," says McCrindle. "Laptops, tablets and phones are all potential work-related expenses."

Cost ..... \$16,768 per year

# TOTAL ..... \$41,118

Annual cost of going to work

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# Words OF WISDOM

The CEO of Harvey Norman and the brains behind *Magic Millions Racing Women*, Katie Page is passionate about encouraging women to take a *greater role in sport*

## Why is it so important to encourage women in sport?

Females in sport only attract eight per cent of all sponsorship dollars. That's because high-level women's sport doesn't get shown on primary television channels. It's important to recognise inspiring women, and to give them the opportunity to show how they can perform. I've been talking to Network Ten to get netball on to their primary channel, rather than a secondary channel at some obscure time of night, so that's going to happen very soon.

I was the first female on a sporting board in Australia [NRL] and that's had a snowball effect, as the AFL followed soon after. I hope things keep becoming more forward-thinking.

## You set up Magic Millions Racing Women. Why did you want more women to get involved in the racing industry?

It's all about breaking down barriers. I wanted women to feel welcome in racing and not as though it's just a male industry. Gerry [Harvey Norman's founder and Page's husband] and I have owned Magic Millions since 1996,

but five years ago I noticed I wasn't seeing a lot of female horse owners. Women love going to the races so it didn't make sense. I wanted to change it. I decided to put more money on the table to encourage women to get involved. So in the 2YO race, we offered an extra \$500,000 prize money for the first four [female-owned or leased] horses in finishing order. The first year we did it, a female [owner] won. It was sensational. Every year since we've had female owners, and this year we have 25 per cent more than last year, so it's really taking on a life of its own. Women have started coming into the industry and are loving it. They are mainly buying with friends because it's so much fun.

## Are you part of a racing syndicate?

Yes, I'm in partnership with some fantastic women, including Zara Phillips and Donna Hay. The adrenaline of watching your horse race is amazing – there's nothing like it.

## You started work at Harvey Norman in 1983 when there was just one store. Now the company

## has more than 20,000 staff in eight countries and a turnover of \$6 billion. How have you become so successful?

When Gerry asked me to join the company, he told me I'd be doing everything – marketing, getting involved with electrical products, furniture, property ... We've done every job – and there's no better background than that in business. You also have to be passionate, curious and work really hard. Gerry and I probably put in more hours now than ever, but we love what we do.

## You're known for being a very hands-on CEO. Why is that important?

Running a business isn't about shuffling paper. Today I was on the shop floor with sales staff, franchisees and our visual merchandising team. They're with customers every day of the week, so I ask what they're experiencing. It's a great mentoring exercise too; people ask me questions and understand why we do things. People often say: "Aren't you the CEO? Aren't you supposed to sit in an office?" But no. We're in retail. We don't do that. □



## THE marie claire CHEAT SHEET:

### How you can own a racehorse

(No, it's not just for the super-rich)

**Vin Cox, managing director of Magic Millions, steers you in the right direction:**

**1** Gather your friends (maximum of 20) to form a syndicate and discuss your budget. Prices for horses start from a few thousand dollars.

**2** Contact Magic Millions and discuss your ambitions as a racehorse owner.

**3** Magic Millions will make appropriate introductions to get the process underway.

**4** Attend a yearling inspection day and yearling sale.

**5** Upon advice, invest in a horse.

**6** Giddy up!

For details about yearling sales and racing dates, visit [magicmillions.com.au](http://magicmillions.com.au).



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SONIA RYKIEL RESORT 2016



THAKOON RESORT 2016



## CASUAL FRIDAY

### STYLE TIP

Graphic earrings or a printed shoe are the perfect finishing touches.

# URBAN SAFARI

It's a jungle out there so be prepared for any workplace challenge in these tribal tones with chic, classic accessories



### STYLE TIP

A cropped trench is the ideal mid-season wardrobe choice.

## THE BOARDROOM



1. SHIRT, \$149.95, by C/MEO Collective.
2. EARRINGS, \$9.95, by H&M.
3. BAG, \$399, by Saba.
4. SKIRT, \$341, by Topshop.
5. SHOES, \$122, by Topshop.
6. JACKET, \$750, by Zimmermann.
7. SHOES, \$407, by Diane von Furstenberg at Stylebop.com.
8. DRESS, \$199, by Trenery.
9. BAG, \$795, by Oroton.
10. TROUSERS, \$299, by Gregory.
11. VEST, \$2490, by Tome.
12. SCARF, \$514, by Valentino at Matchesfashion.com.
13. SHOES, \$220, by Sambag.

## CLIENT MEETING



### STYLE TIP

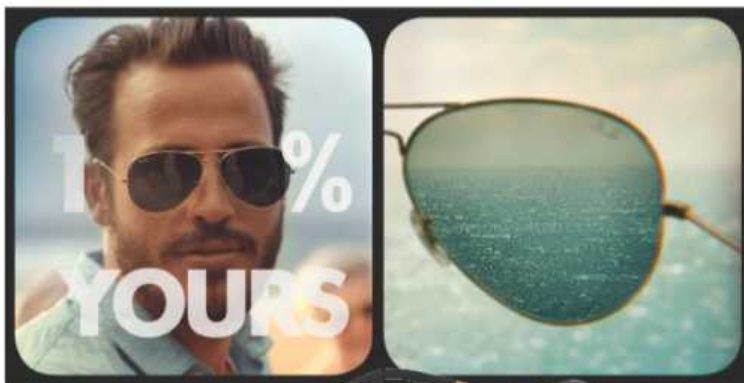
Team a longline vest with a mid-rise trouser to give your outfit balance.

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TIME OUT



THE GUARDIAN



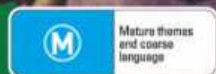
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THE TELEGRAPH

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#IMASUFFRAGETTE

# marie claire Lifestyle

## PERFECT PUGLIA

Chances are you've heard little about it, but after reading our "Southern Charm" story on page 202, Puglia, the heel of Italy's famous boot, will probably have you booking flights faster than you can say, "*Bellissimo!*" The stunning Hotel Masseria San Domenico (pictured here) is the perfect base to explore the area. Visit [masseriasandomenico.com](http://masseriasandomenico.com).





# SOUTHERN CHARM

Puglia, the heel of Italy's famous boot, may be the rustic relative of its more glitzy northern cousins, but this gastronomic and geographic wonder is shaping up to be the latest holiday hot spot. By Lydia Bell





## RUGGED BEAUTY

The town of Vieste in the Puglia region of southern Italy juts out dramatically into the Adriatic Sea.

Inset: charming conical-roofed *trulli* houses, unique to the region, line the cobbled streets in the village of Alberobello.



Summering Italians have holidayed in Puglia for generations – weathered grandparents, bikini-clad mothers and their offspring, drawn to its golden sands, 800km of shimmering blue Adriatic coastline, enchanting towns, quilt-like vineyards and verdant olive groves. To the rest of us, it has largely been ignored in favour of tourism magnets like Tuscany and the Amalfi Coast. But not for long, many would argue.

To say Puglia is charming and romantic is an understatement. To say the waters are clear and the food is delicious, doesn't come close to capturing this gem. Gastronomy and revelry are priorities here, so don't even think about visiting unless you're willing to pack comfortable pants and glut out on the finest wines, pastries, crusty breads and sun-blessed fruits.

The area exudes a southern Italian charm – generous, slightly offbeat, rough around the edges. This makes sense, given its multicultural roots, a mélange of Hispanic, Hellenic, Ottoman and French – Puglia's strategic position in the Med between the East and West has meant a history of invasions. This turbulence can be seen in the most awe-inspiring way, with lavish Baroque and Romanesque churches, fortified walls and lots of crumbling remains.

The heat in summer can be melt-your-gelati-in-three-seconds-hot, so shoulder season travel is best for all but the most hardcore sun-lovers. And while Puglia's beauty is postcard-worthy at every turn, don't expect picture-perfect. This is hard country with towns perched precariously on cliff edges, of arid earth and then, as if inhabitants need some breathing space, there are olive groves of the deepest green and beaches of almost unbelievable aquamarine.

From the coast to the country there's much to see, but here is our pick of what you don't want to miss. ➤







## HIT THE SHOPS

Your euros may take a hit buying up these local treasures ...

**SHOES** Puglia is renowned for its leather sandals and espadrilles (Christian Louboutin even has a style named after the region). Head to the town of Ostuni for streets lined with gladiator sandals.

**POTTERY** Grottaglie is known as the “town of pottery”. Watch the artisans at work and buy wares straight from their atelier.

## THE FABULOUS FARMHOUSES

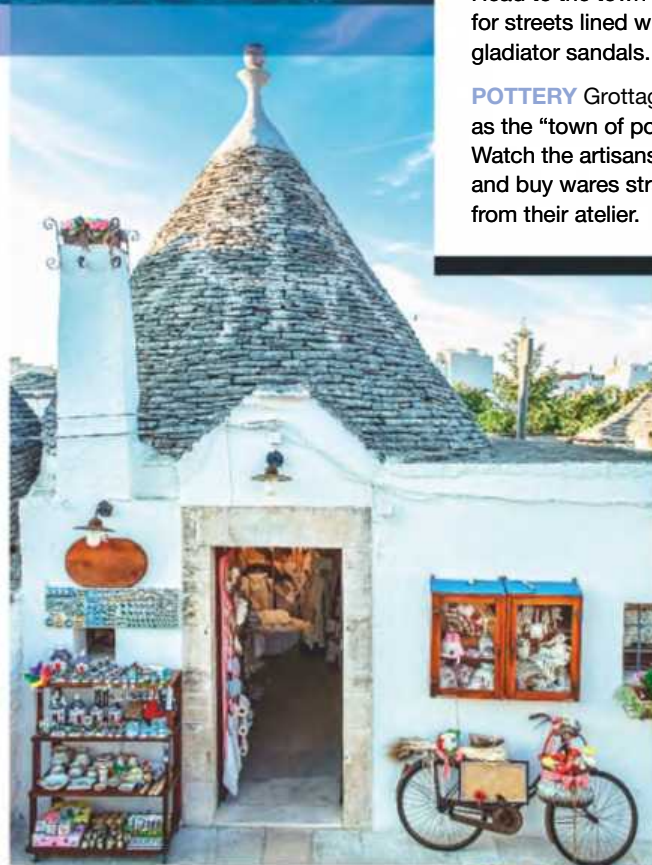
The Puglian countryside is scattered with *masserie* (fortified farm estates). As they are large in size and stunning in design, it is hardly surprising they have been transformed into luxury hotels and grand private residences. One of the most ooh- and ahh-worthy is Masseria San Domenico – a former watchtower used by the Knights of Malta in the 15th century. This stunning stone structure sits in an oasis of green, surrounded on all sides by manicured grounds, a lake-peppered golf course, gnarly olive trees and tropical palms. But it's the visions of blue that will blow your mind – from the lagoon-style swimming pool to the hotel's private beach. There's also a thalassotherapy spa, which avails itself of the local mineral-rich seawater and seaweed, and dining options that offer the best local produce, all enjoyed under the shade of the terrace. If you're looking for the perfect Puglia base, look no further. Visit [masseriasandomenico.com](http://masseriasandomenico.com).

## THE HILLTOP TRIO

Puglia is known for its *trulli* houses – cylindrical beauties with a conical limestone-tiled roof and thick, whitewashed stone walls. The best *trulli* villages include Alberobello, with its thin, car-free alleys and shoebox shops bursting with produce and alfresco *trattorie* (taverns). Pretty Locorotondo is luminously whitewashed and has panoramic views; while Cisternino's charming centre hasn't changed for centuries and there are countless nooks and crannies to explore in its labyrinthine streets. While every village has its own character, they also all seem to have a jewel-box piazza within walls – a place to see, be seen, and indulge well into the night, just as you can imagine the locals have always done.

## LA CITTÀ BIANCA

Ostuni, known as *La Città Bianca* (the white city), is a fortified gem, with whitewashed houses jutting out like jewels in a medieval tiara. Ostuni feels a bit like a town that time forgot, authentic and with a charm



## A RICH HISTORY

Clockwise from top: the Masseria San Domenico was a former watchtower used by the Knights of Malta in the 15th century, and is now an upscale hotel with a day spa and private beach; an enchanting *trulli* house adds colour to an Alberobello street; the white city of Ostuni is known to glitter in the daylight; with a history of invasions, Puglia's architecture reflects a diverse mix of cultural influences.



that oozes from its cobblestoned streets to the tip of the town's crowning glory, the 15th-century cathedral. It's best to arrive in Ostuni in sun-bathed daylight to get the full effect of its blinding beauty.

## THE SEA CAVES

From Polignano a Mare, on the east coast, you can jump on a boat to discover the area's iconic limestone sea caves and swim in the translucent blue waters. Each cave has its own name and story. Even if you don't dine there, a must-visit is the Ristorante Grotta Palazzese, a stunner set into the craggy Summer Cave (it's only open May–October). Similarly stunning and just a stroll away, Il Bastione (in the Covo dei Saraceni Hotel) offers a similar menu for much less money.

## THE ISLAND TOWN

The elegant harbour town of Gallipoli has a history as a city under siege, explaining why the old town centre is located on an island, encircled by defensive walls and connected by bridge. Explore the maze-like streets and eventually they will lead you to the waterfront promenade with stunning views. Locals **flock to the main beach, Spiaggia della Purità, armed** with deckchairs, but truth be told, cleaner and clearer beaches can be found a little further afield.

## THE FESTIVITIES

Puglia's ancient traditions revolve around eating, drinking and partying. Carnivals, concerts and parades unfold throughout the year for, it seems, any reason at all. Those not to be missed include Il Carnevale di Putignano, which starts on Boxing Day and runs for about two months. Ostensibly it's a religious festival, but in reality it's an excuse for overeating and general merriment. Easter is hugely atmospheric and summer is a riot. Check out Otranto (for the San Pietro e Paolo festival), Brindisi (hosts the Negroamaro Wine Festival), and Salento (for the 10-day jazz festival). As summer segues into autumn, gastronomic festivals abound to celebrate the harvest.

### STUNNING SEASCAPE

The town of Polignano a Mare is perched atop a 20-metre-high limestone cliff above the Adriatic Sea.



### ANCIENT AESTHETIC

It's easy to get lost in the labyrinthine streets in the whitewashed town of Ostuni, with architecture dating back more than 600 years. Below: diners at Ristorante Grotta Palazzese become part of the spectacular landscape at the famous eatery housed in a sea cave.



## THE MENU

Make a meal of these local delicacies:

### BOMBETTE WHILE IN CISTERNINO ...

Try a *bombette* (ask any butcher) – barbecued parcels of ham, mince and cheese.

### CORNETTI ...

Ditch the diet and embrace the *cornetti* (left) – a croissant hybrid.

### URCHINS, SQUID, TUNA ...

Head to Pescheria Due Mari in Savaneltri for sea urchins by the shore. Team with crusty bread. □





# TABLE *manners*

Amp up your dinner party credentials this season by combining a delicious set menu with a little formality

PHOTOGRAPHED BY LOUISE LISTER  
RECIPES & FOOD STYLED BY KATY HOLDER  
STYLED BY LARA HUTTON







BRASS LANTERN, MERCURY GLASS VOTIVE, GOLD FLATWARE, CUTLERY AND FACETED BRASS LANTERN ALL FROM WEST ELM; APRIS PLATES FROM WEDGWOOD; CAMILLE VASES FROM PAPAYA; ABBOTSON LINEN NAPKIN FROM SHERIDAN



## asian-style oysters

MAKES 24

2 dozen freshly shucked oysters of your choice  
rock salt to serve

### DRESSING

2 tbsps lime juice  
1½ tbsps fish sauce  
1 tbsp sesame oil  
1 tbsp rice wine vinegar  
1 tbsp vegetable oil  
2 tps sugar  
1 lime leaf, torn into 3 pieces  
1 small red chilli, deseeded and thinly sliced  
2 tps very finely chopped coriander

1. Combine lime juice, fish sauce, sesame oil, rice wine vinegar, vegetable oil, sugar and lime leaf in a small bowl. Set aside for at least 20 minutes to allow lime leaf to infuse dressing. 2. Remove leaf and whisk dressing to emulsify. Taste and, if necessary, add extra vinegar or sugar for balance. 3. Arrange oysters on a bed of rock salt, then either serve dressing on the side or spoon a little over each oyster. Top with slices of red chilli and coriander just before serving.

## italian-style oysters

MAKES 24

2 dozen freshly shucked oysters of your choice  
rock salt to serve

### DRESSING

3 tbsps white balsamic vinegar  
3 tps olive oil  
2 small eschalots, very finely chopped  
2 tbsps finely shredded basil leaves

1. Combine all dressing ingredients except basil in a bowl and season with sea salt and ground black pepper. 2. Arrange oysters on a bed of rock salt, then either serve dressing on the side or spoon a little over each oyster. Top with shredded basil and serve.



## beef fillet wrapped in prosciutto

SERVES 8

30g dried wild mushrooms  
23 thin slices of prosciutto (see note)  
4 tbsps olive oil  
2 cloves garlic, peeled and crushed  
½ cup panko breadcrumbs  
1 tsp grated lemon zest  
small handful fresh basil leaves, finely chopped  
1 tbsp wholegrain mustard  
2 x 750g pieces of beef eye fillet  
12 eschalots, peeled and halved  
200ml red wine  
2 tbsps tomato paste

1. Preheat oven to 180°C. Soak mushrooms in 300ml warm water for 20 minutes, then drain, reserving liquid. Finely chop two-thirds of mushrooms, reserving the remainder for later. 2. While mushrooms are soaking, finely chop 3 prosciutto slices. Heat 1 tablespoon of oil in a frypan over a medium heat. Fry chopped prosciutto and garlic for 2 minutes, stirring regularly. Add breadcrumbs and fry for 1 minute, stirring. Transfer mixture to a bowl and add lemon zest, basil, mustard, chopped mushrooms and another tablespoon of oil. Season and stir to combine. 3. Slice along length of each fillet, cutting halfway through, and open out. Divide stuffing equally down centre of each. Close up beef. 4. Lay a sheet of baking paper on a work surface. Lay 5 prosciutto slices side by side, overlapping slightly. Place a piece of beef on top

## caramelised vegetable gratin

SERVES 8

2 tbsps olive oil  
1 fennel bulb, thinly sliced  
2 bunches heirloom carrots (about 8), scrubbed, quartered lengthways  
1 bunch baby carrots, scrubbed, halved lengthways  
1 tbsp brown sugar  
1 tbsp balsamic vinegar  
200ml thick cream  
⅓ cup finely grated parmesan cheese, plus extra to serve

1. Preheat oven to 180°C. 2. Heat 1 tablespoon of oil in a large frypan. Add fennel and 1 tablespoon of water and cook, covered, over a low-medium heat for 10–15 minutes, stirring occasionally, or until light golden. Transfer to an ovenproof dish. 3. Heat remaining tablespoon of oil in the frypan. Add all carrots and 2 tablespoons of water and cook, covered, for 5 minutes. Add sugar and vinegar and cook, covered, for 15 minutes or until carrots are tender. Arrange on top of fennel. 4. Season cream and pour over vegetables. Sprinkle parmesan over and bake for 15 minutes or until melted. 5. Sprinkle with extra parmesan and serve.

### TIP:

To complete the menu, serve with an additional side dish of greens, such as peas, broad beans and mint or a simple dressed leaf salad.

and cover with five more slices. Wrap beef in prosciutto, using baking paper to help. Remove paper and tie beef with string, about 4 times. Repeat with second piece of beef. 5. Heat remaining oil in a large heatproof casserole dish over a medium heat. Add beef and fry on all sides until prosciutto is lightly golden. Remove from dish. 6. Add eschalot to dish and fry for 4–5 minutes. Add reserved mushroom liquid (discarding any sediment) and simmer for 2 minutes. Add wine, tomato paste and reserved whole mushrooms. Season and stir to combine, then simmer for 5 minutes. 7. Return beef to dish, spooning over sauce to moisten. Cover with lid and roast in oven for 15 minutes for rare or 20 for medium rare. Remove from oven and allow to stand, covered with foil, for 15 minutes. Then remove string, cut beef into thick slices and serve.

### NOTE:

Prosciutto slices must be very thin – you can have them sliced at your deli.

BRASS LANTERN, MERCURY GLASS VOTIVE AND GOLD FLATWARE CUTLERY, ALL FROM WEST ELM; SONG CHARGER PLATE, SONG OVAL PLATTER, AND CAMILLE VASES, ALL FROM PAPAYA; ABBOTSON LINEN NAPKIN FROM SHERIDAN; ARRIS PLATES AND SOUP/CEREAL BOWL, ALL FROM WEDGWOOD; WISHBONE CHAIR FROM CULT DESIGN; FLOWERS FROM FLORAL CRAFTSMAN, PRODUCED BY BIANCA MARTIN; ASSISTANT STYLING BY LILY OWEN





caramelised  
vegetable  
gratin

#### STYLE TIP

Think beyond the traditional vase – make small flower arrangements for each plate and place in interesting vessels with a spritz of water to keep them fresh.

## ricotta and berry tart

SERVES 8

175g plain flour  
¼ cup caster sugar  
finely grated zest of 1 lemon  
75g butter, cubed  
1 egg yolk  
extra flour for kneading

#### FILLING

2 eggs  
¼ cup caster sugar  
1 tbsp lemon juice  
¼ cup thick cream  
200g fresh ricotta  
250g raspberries  
125g blueberries  
icing sugar for dusting

#### LEMON VANILLA CREAM

220ml thick cream  
½ tsp vanilla bean paste or vanilla extract  
finely grated zest of 1 lemon

**1.** To make pastry, place flour, sugar, lemon zest and butter in a food processor. Process until it resembles breadcrumbs. Add yolk and 1 tablespoon of cold water. Process until it forms a ball, adding more water if too dry. Turn onto a work surface dusted with flour and knead briefly. Roll out and line a 23cm loose-bottomed tart tin. Trim edges, then refrigerate for 30 minutes. **2.** Preheat oven to 200°C. Prick pastry base and line with baking paper. Fill with raw rice, place on a baking tray and bake for 15 minutes. Then, remove paper and rice and bake for 5 minutes. Reduce heat to 180°C. **3.** Place eggs, sugar and lemon juice in a heatproof bowl over a saucepan of barely simmering water, ensuring base of bowl isn't touching water. Next, whisk for 5 minutes or until pale, creamy and increased in volume. Remove from heat. **4.** In a separate bowl, combine cream and ricotta. Fold into egg mixture. Scatter a quarter of berries over pastry base. Pour over filling just to the top of tin. Scatter with another quarter of berries. Bake for 30–40 minutes or until set. Cool in tin. **5.** Combine cream, vanilla and zest and whip until it holds its shape. **6.** Remove tart from tin and scatter over remaining berries. Dust with icing sugar and serve with lemon vanilla cream. □



beef fillet  
wrapped in  
prosciutto





## WESTERN STAR

Perth isn't known as a cultural hot spot, but the opening of the new COMO The Treasury could change all that. Located in the newly refurbished historic centre, the hotel blends luxury with period details. Oversized rooms in a palette of dreamy creams feature king-size beds and expansive ensuites. Room rates start at \$595. Visit [comohotels.com/thetreasury](http://comohotels.com/thetreasury).



## TOP OF THE TOWN

Perhaps influenced by the clientele who frequent such places, The Ludlow Hotel's new Penthouse on Manhattan's Lower East Side offers the ultimate in rock-star chic. Bespoke furniture, an entertainment centre with vintage vinyls and a massive 100sqm private terrace can be found in this huge luxury pad. Visit [ludlowhotel.com](http://ludlowhotel.com).



## Music To Our Ears

White leather and copper – it doesn't get any hotter. We have a feeling the Friends Layla headphones, \$209, will be a must in your hand luggage or beach bag this summer. Visit [designstuff.com.au](http://designstuff.com.au).

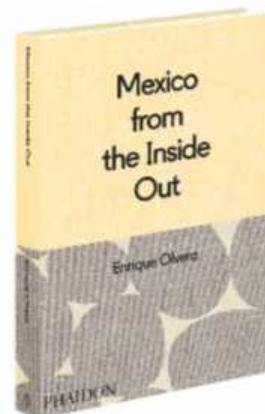


# what's new

## Mexico From The Inside Out

(Phaidon, \$75)

Enrique Olvera is a superstar chef in both his native Mexico City and New York, so his first cookbook to be published in English is as hot as the food he cooks. It includes more than 60 illustrated recipes and gorgeous photos of his kitchen, fresh produce and Mexico itself.



## HALCYON DAYS

It may have opened its doors in winter, but Halcyon House hotel (left) deserves special mention in its first summer, as this boutique beauty is made for sunny days – from the location at Cabarita Beach on the NSW Tweed Coast to its artful interiors and acclaimed poolside restaurant, Paper Daisy. Rooms start at \$550. Visit [halcyonhouse.com.au](http://halcyonhouse.com.au).



MC LOVES



Best known for its super-bold bedding, Kip & Co's Summer Storm collection expands on the brand's colourful basics to include more lifestyle products. We love the Dancing Girls towel, \$99, and Linen Pins bag, \$99. Visit [kipandco.net.au](http://kipandco.net.au).



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Nights



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*Carol* is a gripping film starring Cate Blanchett about the burgeoning relationship between two very different women in 1950s New York. One, a girl in her 20s working in a department store who dreams of a more fulfilling life; and the other, a wife trapped in a loveless, moneyed marriage who is desperate to break free.

Always a champion of women, we are celebrating strong females in film with the launch of the *marie claire* Women in Film series. We are offering FREE national screenings of *Carol* before its official release date and you're invited!

**Here's how you can secure  
a double pass to the event.**

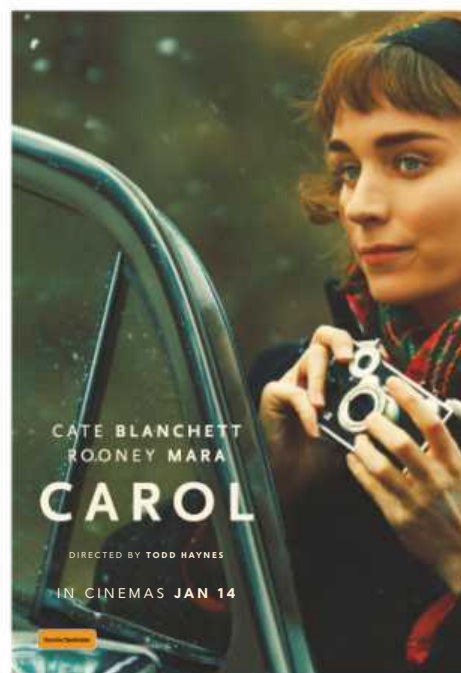


**marie claire**  
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# Capricorn

## DECEMBER 22 – JANUARY 19

Last year was a long, hard slog. Too many broken promises, too much pressure. No more. The planets push for no less than unbridled hope and happiness! The sky's the limit this year, you're ready to step into the spotlight. As you race up the ladder of success, you won't be lonely at the top. Friends, family, partners and colleagues all rally for you. Romance becomes more exciting. Whether exploring full-time passion or simply flirting, Capricorns are ready to take risks. But it's not all fun and games, your ambitions also get a chance to shine. Towards winter, it's about knuckling down and getting the job done. A final note: if you're forced to abandon a dream in May, don't worry – it will soon be replaced by another.

## AQUARIUS

### January 20 – February 18

Aquarians now choose to explore their inner psyche and ideals. Ambitions are challenged as you wonder how much effort they're really worth. It's not that life has lost its glow – quite the opposite, as your spiritual integrity shines through. Romance looks equally sublime.

## PISCES

### February 19 – March 20

You're always getting slapped on the wrist for overspending, but shopping is an essential part of your being. January refuses to extend your credit, so you need diversionary therapy – the kind that only love can provide. And you're in luck, as this month offers lots of spoils.

## ARIES

### March 21 – April 20

In an ideal world, live-wire Arians would be left to get on with the business of succeeding. Unfortunately, this month you'll

be reminded of the presence of less dynamic souls. The only way to command this ship of fools is to outsmart them. But do so subtly. Whatever you do now is best achieved by stealth.

## TAURUS

### April 21 – May 20

As anyone who's been forced onto a stage will tell you, it can be overwhelming. This month, you might find yourself in the spotlight, but doing fine. Finances, though, could become a source of concern. Those "must-have" urges may test even the strongest of wills. Sentimental ties lead to a temptation to revisit old ground. If already coupled, take care.

## GEMINI

### May 21 – June 21

Sometimes you need to slip into "me" mode. Stress crops up in all of our lives, but Geminis seem to feel it acutely. Too many jobs, and too many people relying on you – it's little wonder that you face the occasional burnout. Don't neglect your own

health. Roster all your duties into a manageable schedule, including plenty of time for play.

## CANCER

### June 22 – July 22

January finds you more inspired, and ready to grab life with renewed enthusiasm. Financial prospects soar, so spend up while you can. If single, there's plenty of scope for love, which may develop through family introductions. For couples, sexual rapport runs high – with a possible merging of love and business.

## LEO

### July 23 – August 22

Drop all duties and enjoy. If wondering where to focus your attentions, love seems the obvious answer; January holds enough romantic fireworks to light up the sky. Fun is the keyword here, plus you're well positioned to dedicate body and soul to one-on-one relationships. But it's not all about satisfying carnal desires – finances skyrocket too.

## VIRGO

### August 23 – September 22

January comes drenched in opportunity and optimism. Even so, associates may put you to the test. Not to worry – you'll handle any challenge with confidence. Socially, you're vivacious and your popularity will go a long way towards advancing your professional and romantic ambitions.

## LIBRA

### September 23 – October 22

All of us have hidden tensions that can cause us to behave in ways we don't understand. But this month's problems may not be that serious, so don't make matters worse. If you feel you've lost direction, try breaking free from a self-imposed rut. Be bold and believe in yourself. Don't be afraid to tell it like it is.

## SCORPIO

### October 23 – November 21

You'd think that life would have settled by now, but that doesn't seem to be the case in January. Instead of worrying, keep one eye on the past, one eye on the future and your feet firmly in the present. After the 17th, the cosmos returns you to steadier ground. Your new confidence also works well in love – this time, the trophy stays in sight.

## SAGITTARIUS

### November 22 – December 21

If trouble flares, be diplomatic. Try to distance yourself from the month's emotional inferno rather than getting caught up in it. On the plus side, your finances strengthen, so if you have an urge to try something new, go for it. Your reward? A change in lifestyle and cash flow. □



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# CARRIE FISHER

## Flawed Princess

*Most famous for her role as Princess Leia in *Star Wars*, Carrie Fisher was nearly consumed by *Hollywood* – and her *addictions* – before finding happiness. By Naomi Chrisoulakis*







## HOLLYWOOD ROYALTY

In 1957, superstars Eddie Fisher and Debbie Reynolds seemed like doting parents to baby Carrie (below), but Eddie soon left the family for pal Elizabeth Taylor (right, centre). By age 21 (left), Carrie was self-medicating with illicit drugs.



adored and esteemed couple of the day. Chart-topping singer Eddie Fisher had met all-American sweetheart – and *Singin' In The Rain* superstar – Debbie Reynolds when both were guests

on a TV show, and their high-profile romance and subsequent marriage kept fans of celebrity magazines enthralled. From the beginning, the only life Carrie knew was one of fame and extravagance.

“I knew my life was a different sort of real,” she later reflected in her memoir, *Wishful Drinking*. However, “It was the only reality I knew.” Brother Todd arrived soon after, named after Eddie’s best friend and husband to Elizabeth Taylor, Mike Todd. The couples were close – Debbie and Eddie had been matron of honour and best man at the Todds’ wedding. So close that Eddie dashed to Elizabeth’s side when Mike was killed in a plane crash. But the grieving stars’ relationship soon deepened. In 1958, Eddie dramatically left Debbie for Liz, scandalising America in a tabloid frenzy

even bigger than Jen, Brad and Ange. Carrie summarised her father’s infidelity with her renowned observational wit: “He first dried her eyes with

his handkerchief, then he consoled her with flowers, and he ultimately consoled her with his penis.” Despite the controversy, Eddie and Elizabeth soon married.

Carrie, aged two, was oblivious to the uproar, but, as she grew up, she would feel the absence of her father, who was unreliable at best and neglectful at worst as he battled his own addiction to cocaine. The young Carrie loved

Carrie Fisher runs through the set of the *Death Star*, her white Princess Leia costume flapping as she grips Luke Skywalker’s – aka Mark Hamill’s – hand, a clutch of actors dressed as Stormtroopers in hot pursuit. On a cavernous sound stage in Hertfordshire in the UK, the pair is shooting a heart-stopping action sequence that calls for Leia and Luke to swing, holding on to a rope, across a vast drop. The young actress, dark hair tightly woven into buns over her ears, and Mark gamely grab the rope – and each other – and fly over the void. This sequence would become one of the most iconic scenes in one of the most iconic movies of all time. But for 19-year-old Carrie, who had dropped out of drama school to take on her first major film role, the stunt was a moment of pure terror.

“I was scared to death,” she would later recall. “They put all those boxes down and I couldn’t see how those boxes were going to prevent me from breaking many bones. But if one fell, we both fall.” Still, she didn’t complain about the potentially dangerous stunt or about the fact that she hated her bun hairdo – a young actress determined to do everything for this, her first big part.

A year later, *Star Wars* (since renamed *Star Wars: Episode IV – A New Hope*) would land in cinemas to become



Carrie’s silver screen debut was in 1975’s *Shampoo*.



She appeared as the Mystery Woman in *The Blues Brothers*.

one of the highest-grossing films of all time, catapulting the starlet to instant fame. But behind the scenes, Carrie was already struggling with mental illness and drug addiction, issues that would plague her for decades and see her come to the verge of losing everything – including her life. However, they would also be the catalyst for a major second act as a feted, witty writer and touring raconteur.

Born on October 21, 1956, in Beverly Hills in the US, Carrie Frances Fisher was the first child of Hollywood’s most

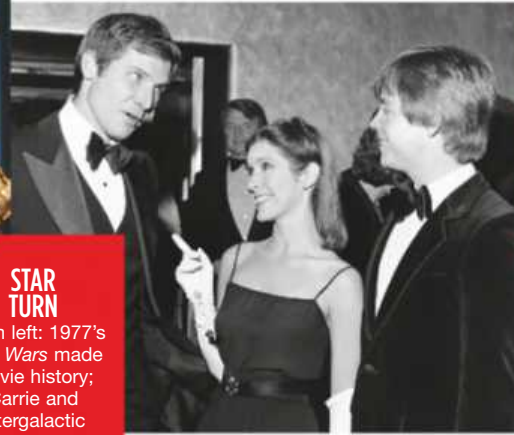
**Friends joked that the name *Star Wars* sounded like a biopic about Carrie’s parents**





## STAR TURN

From left: 1977's *Star Wars* made movie history; Carrie and intergalactic co-stars Harrison Ford (left) and Mark Hamill; her skimpy "slave outfit" in the 1983 sequel became iconic.



reading, wrote prolifically in journals and was intrigued by her mother's career, even joining her on stage in Las Vegas when she was 15. By 17, she had decided to pursue a career in acting, enrolling in London's Central School of Speech & Drama, where she spent a year. Soon after, she scored a small role in the 1975 film *Shampoo*, playing a teen with a crush on Warren Beatty's character, and heard word about a new upcoming movie called *Star Wars*.

Carrie's friends joked that the movie's name sounded like a biopic about her parents, but she loved the script, and campaigned hard to get an audition despite the fact she was going up against a slew of established actresses, including Farrah Fawcett, Jodie Foster, Sigourney Weaver and Anjelica Huston. The virtually unknown 19-year-old won the part – on the condition she lose five kilos. Carrie's anxiety reached fever pitch as she strove to lose weight and faced working alongside a more experienced cast. She was smoking marijuana more frequently, having started experimenting with the drug during her teenage years. "[The drugs] suddenly turned on me," she recalled. "Where at the onset it was all giggles and

munchies and floating in a friendly haze, it suddenly became creepy and dark and scary." Soon, she started taking hallucinogens and painkillers.

When *Star Wars* hit cinemas in 1977, it was an instant success, smashing box office records and earning critical acclaim. Seemingly overnight, Carrie became a star, her likeness used to sell everything from figurines and bubble bath to Pez dispensers around the world. When her bikini-clad enslaved Leia appeared in the 1983 sequel *Return Of The Jedi*, hers became an iconic image that would adorn the walls of teenage boys' rooms for decades.

**"I used to refer to my drug use as 'putting the monster in the box,'" Carrie has said**

In the same year *Star Wars* was released, Carrie had met singer and songwriter Paul Simon. Struggling with the tumult of new fame and new love, she frequently turned to drugs to cope, later recalling that by the time it came to shoot the ice planet scenes for 1980's *The Empire Strikes Back*, she was doing cocaine on the set with some of her co-stars. "[Paul] had to put up with a lot with me," she has said. "I was really

good for [songwriting] material, but when it came to day-to-day living, I was more than he could take."

The pair was on and off throughout the late 70s and early 1980s, while Carrie filmed the *Star Wars* sequels and appeared in cult films *The Blues Brothers* and Woody Allen's *Hannah And Her Sisters*. During one of their splits, she managed to fit in a relationship with *Blues Brothers* star Dan Aykroyd, who was so consumed with her he even proposed on set. She turned him down and reunited with Paul once again. In 1983,

they wed, but the relationship was as volatile as ever, and a year later they were divorced. Despite this, she remained romantically entangled with Paul and a

favourite subject of his songs (including his seminal hit *Graceland*).

With so much upheaval, Carrie was foundering psychologically and her drug habit was spiralling out of control. "Slowly I realised I was doing a bit more drugs than other people and losing my choice in the matter," she later recalled. A psychiatrist diagnosed her as having bipolar disorder, but Carrie ignored this and continued to manage her ups and downs with illicit substances. "I used to refer to my drug use as 'putting the monster in the box,'" she said. "I wanted to be less, so I took more – simple as that ... I just wanted to turn the sound down and smooth all of my sharp corners. Block out the dreadfully noisy din of not being good enough – which on occasion I was actually able to do."

And then it all came crashing down. In 1984, seemingly having lived enough lives for two, 28-year-old Carrie woke up in hospital having her stomach pumped, after accidentally overdosing on cocaine and painkillers. While in ▶

Carrie married singer/songwriter Paul Simon in 1983 (right). They divorced a year later. She had daughter Billie with Bryan Lourd (far right) in 1992, but was gutted when he left her for a man.





# Life stories

## FAMILY BUSINESS

Carrie began performing onstage with her mother in her teens (right), but found her true voice in writing. Far right: the three generations (Carrie, Debbie and Billie, pictured in 2007) are still close.



rehab, a surprising new career direction presented itself. Having read an interview with Carrie, a publishing house sent her a letter asking if she would be interested in writing a book. The result was the acclaimed bestseller *Postcards From The Edge*, a nominally fictional story of a drug-addicted daughter and her mother. Three years later, the film adaptation hit the big screen, starring Meryl Streep and Shirley MacLaine.

Two more semi-autobiographical novels, *Surrender The Pink* (based on her relationship with Paul) and *Delusions Of Grandma* would follow. And soon Hollywood came calling again, but this time Carrie was in demand as a top “script doctor”, drafted in to whip screenplays for blockbuster movies such as *Sister Act*, *Lethal Weapon 3* and *Coyote Ugly* into shape. She also kept the acting flame burning with appearances on both the big screen (as the famed BFF in rom-com *When Harry Met Sally*) and later on the small screen (in stellar hits such as *Sex And The City*, *Weeds* and *30 Rock*).

**T**he advent of the 1990s saw Carrie falling for agent Bryan Lourd and giving birth to their daughter, Billie, in 1992. “Bryan took really, really good care of me, and this was the first time a man had ever done that,” she said. “He used to give me baths like I was a labrador.”

However, their domestic bliss wasn’t to last: when Billie was only a year old, Bryan left Carrie for a man. In the wake of their break-up her mood swings intensified, and she abandoned her bipolar medications. When she was

manic, she has said, “I could be brilliant ... I’d keep people on the phone for eight hours.” And when she was depressed, she couldn’t get out of bed.

By 1997 she was back on meds, but after a psychotic breakdown a more controversial form of therapy was required, and Carrie undertook electro convulsive therapy (ECT). Writing of her treatment in her 2012 book, *Shockaholic*, she revealed: “It was like a mute button muffling the noise of my shrieking feelings.”

Today, Carrie lives in a Beverly Hills home that once belonged to legendary actress Bette Davis, next door to her mother’s place. “It’s like a little commune,” she says. “Right now I have three straight guys and one gay man [staying], so that’s really a nice little harem.”

This year, Carrie reprises Leia in the JJ Abrams reboot of George Lucas’s intergalactic opus, with Harrison Ford, Mark

Hamill and a host of up-and-coming actors. Daisy Ridley, who co-stars in the new-gen version, enthuses: “Everything that I adore in Carrie I also adore in Leia. She’s so funny, she’s so sweet, she’s so smart. She’s kick-ass and cool.”

Her mentor’s advice? “Keep fighting against that slave outfit!” quips Carrie in a recent conversation with Daisy for *Interview* magazine. But it seems times have changed in a galaxy far, far away, with industry insiders claiming the infamous metal bikini will be discontinued from all future *Star Wars* merchandise.

Approaching her 60th year, Carrie reflects, “I’ve learnt to celebrate my life, to embrace it. If I have the problems, the problems don’t have me.” □

**“I’ve learnt to celebrate my life. If I have the problems, the problems don’t have me”**

**as seen in**  
Playing a character or “herself”, Carrie always steals the show



*When Harry Met Sally*



*Sex And The City*



*The Big Bang Theory*



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**SYDNEY** – J FARREN-PRICE, TEL. 02 9231 3299; LK BOUTIQUE, MARTIN PLACE (ROLEX BOUTIQUE), TEL. 02 9236 0411; LK BOUTIQUE, THE STAR, TEL. 02 9518 9499; SWISS CONCEPT, TEL. 02 9221 6288; THE HOUR GLASS, TEL. 02 9221 2288 **MELBOURNE** – GRIMA (ROLEX BOUTIQUE), TEL. 03 9663 3303; LK BOUTIQUE, CROWN (ROLEX BOUTIQUE), TEL. 03 8614 1160; THE HOUR GLASS, TEL. 03 9650 6988 **ADELAIDE** – J FARREN-PRICE, TEL. 08 8223 2787 **BRISBANE** – LANGFORDS JEWELLERS (ROLEX BOUTIQUE), TEL. 07 3210 0614; THE HOUR GLASS, TEL. 07 3221 9133 **CAIRNS** – WATCHES OF SWITZERLAND, TEL. 07 4031 5766 **PERTH** – SMALES JEWELLERS, TEL. 08 9382 3222; WATCHES OF SWITZERLAND, TEL. 08 9322 8800.